UNITY DAILY WORD

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Revealing to You
Your Peace, Health, and Success

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"Station L-O-V-E Broadcasting"

"Within You Is Healing Power"

"There's Nothing to It"

"Jesus Christ Is Right at Hand"

SILENT UNITY CLASS WORDS

January 20 to February 19

The light of faith reveals the light of life to me.

I have faith in the constructive power of the Holy Spirit that is now restoring and rebuilding my body.

I have faith in the substance of God working in and through me to increase and to make manifest my prosperity.

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UNITY DAILY WORD

A magazine whose spirit of good cheer radiates from its printed page and sparkles in the heart of him who accepts it as his daily friend. Published monthly.

F. B. WHITNEY, *Editor.*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word,* % Unity School of Christianity, 917 Tracy, Kansas City, Mo.

LOVE IS THE MEANING

In every prayer which rises from the heart,
In every thought that heavenward aspires,
In every look through which the soul sees God,
In every pulse of generosity,
In every word that stays the angry thought,
In every touch which stilleth strife,
In every heart throb for the truth;
When love makes present the reality:
The Spirit of Love is the meaning, the power,
and the praise!

—Richard Whitwell; Science of Thought Review.

YEARS ARE COMING

Years are coming, years are going,
creeds may change and pass
away,
But the light of love is growing
stronger, surer, day by day.
Be ye as the light of morning, like the
beauteous dawn unfold,
With your radiant lives adorning all
the world in hues of gold.
Selfish claims will soon no longer
raise their harsh, discordant
sounds,
For the law of love will conquer,
bursting hatred's narrow bounds.
Human love will spread a glory filling
men with gladsome mirth,
Songs of joy proclaim the story of a
fair, transfigured earth.

—*Selected.*

WITHIN YOU IS HEALING POWER

WHEN YOU were created perfect in the sight of God there was placed in you the power that is mighty to keep you perfect. This is the ever renewing, ever cleansing, ever regenerating, ever healing power of Christ within. Indeed, you would not be a perfect creation, one with the eternal perfection and life of God, if as a matter of course you could fall into imperfection, decay, and disintegration.

Do not think of yourself as having any relation to the race idea of disease and death. Think of yourself as a divine creation, for such you are. Think of yourself as too holy to be touched by unholy thought. Think often of yourself as created in the image and likeness, the perfection and divinity, of Christ.

The power of God in you is healing power. The life of God in you is eternal life. This health and this life cannot be compared to worldly standards of health and life. The world looks upon health as something fleeting, something that exists today and is changed tomorrow. The world looks upon life as something that may terminate at any second. The health and the life of Christ within you are unchangeable. They endure forever. You must know this truth to the exclusion of all contrary belief and regardless of all opposing argument if you would make your demonstration of abounding health and eternal life.

If you should lose consciousness of the life and the presence of God within you, if thereby

you should cause yourself to become weak or diseased, your first move should be to turn in thought to God and to center your thought upon His holy presence, His strength and His life, within you. You must do this to such an extent that you get away from all belief in weakness and disease. Remember that you cannot make a demonstration of health if you persist in looking upon disease as a reality or a power. Above all, do not think of any disease as your disease. Do not claim anything that you do not wish to have. There is a psychological reason for taking this attitude.

You will find that by turning from things of the outer world, by turning from believing in the power of external things, you will rob these things of all power to harm you or to bring you physical discomfort. Give up the old race ideas that things external can harm you in any way. Cease to think of the adverse power of things external, but place your thought on the constructive and healing power of Spirit within you.

Reading and thinking about the effect of disease will not bring you to health. You must dismiss disease from your mind as a thing that does not exist in your world. It does not exist in your world of life, health, and strength—your world of Truth—in which there are only God and you.

Your first realization of the healing power of Spirit will come at a time of silence, at a time when you have ceased to think of disease and

the world, at a time when your whole thought is directed to the presence of God within you, the presence of abounding health. There is power in silence. Why? Because silence stills the clamoring voice of the things without you. Silence is the door to the Great Within, the great storehouse of life and health, the very presence of God—the Great Physician.

Has your reading this brought you to the realization that you must actually give up adverse thinking in order to be ushered into the healing presence of God? Do you see that you cannot enter this mystical presence so long as your thought is unclean or impure, sullied by the belief that fear or hate or disease has actual presence in your life?

In order to enter the temple of the mystical presence you must leave unholy thoughts at the door. If you would enter the presence of God you must not believe that anything else in all the world has presence or power. You must not believe that God has any opposite. You must think of God as all in all. You must know that He is omnipotent in your life—the only Power and the only Presence!

Within you is healing power, power able to erase every evidence of disease, power able to cause the very presence of God within you to manifest in your physical body as health and strength. Give up all belief that the might of God is without you—or in some distant celestial sphere. The power of God is wherever you are. It is in the very midst of you. At this very

moment it is coming forth in you as quickening life and healing vitality.

Within you is healing power now and here. Give up the belief that healing belonged to some distant age. The very fact that you are living now—you, the perfect creation of God—is sufficient proof that the healing, restoring power is still at work.

When shall you be healed? There is no fixed time in the great timeless age of Spirit. Lift your thought to God at any time and feel His mystical and healing presence. Lift your eyes in hope and in faith. Clear your mind of all belief in things adverse or darkened. Let your eyes rest upon the perfect image of God now expressed in His son, His child. You are that person, that perfect one. Within you is healing power, healing you at this very moment.

Behold within yourself the very perfection of God, appearing as perfect man or as perfect woman. Stand witness to the appearing of vibrant health, bountiful strength, and eternal life within you. See through spiritual eyes the coming forth of God in your physical body. Look with spiritual eyes and see the clouds of adverse beliefs—beliefs in sin, disease, and death—pass away before the shining of the radiant sun of Spirit. This sun reveals to you your divine sonship. This sun discloses you to yourself as you appear in the sight of God.

Lift up your vision. See more clearly day by day the realities of Spirit shining through the mist of things that appear.

STATION L-O-V-E BROADCASTING

IF THERE is too much lurid music or static coming from your radio, just turn the dial. Presto! It is done! It is so easy to tune out the discord and to find harmony!

If there are too many discordant thoughts racing through your mind, learn the trick of tuning out discord. Harmony will take its place. Mental static can be easily tuned out when you know the secret of doing so.

If there is static in the air, a simple adjustment of the machine will tune it out. If there are discordant thoughts in your mental life, just "turn the dial."

You may need to experiment for a while, just as the novice does in getting acquainted with his radio. While you are trying to make the adjustment you may get stations H-A-T-E, P-A-I-N, F-E-A-R, and some of the other stations that always have seemed to you to be on the air. But be patient! When you have tuned them out, you can get the station you want.

Possibly, you will have to listen very closely to get station L-O-V-E, but it is always broadcasting. Just bring your ear a little closer if at first it does not seem to come in clear and strong. Your inner ears will hear its voice at the very center of your being. At first, you may hear just a faint "L-O-V-E" but you will rejoice and will want to "set the dial" so that you can get L-O-V-E at any time.

Remember L-O-V-E is a powerful station.

You cannot get F-E-A-R or P-A-I-N if you have properly tuned in for L-O-V-E. There are those who keep the "dial" set at L-O-V-E all the time. L-O-V-E is always broadcasting for them. They in turn become broadcasters for L-O-V-E.

Now, L-O-V-E is on a chain and often one may pick up L-I-F-E, P-L-E-N-T-Y, or J-O-Y when L-O-V-E is broadcasting. It seems as if Station L-O-V-E knows just what its listeners want and need, and then broadcasts the right program at the right time. Only one thing is necessary: to keep the dial set for L-O-V-E and then you will get the right program.

You must have an aërial that pierces the very heights of heaven in order to get this station. To get the music of the spheres, your aërial must reach high into heaven, below into heaven, and to all sides into heaven. Your aërial must have countless little points extending into heaven, heaven everywhere. Some folks lack a good aërial and L-O-V-E for them does not have much force. Their aërial extends just in one direction.

Some folks let their receiving sets become fouled. They do not keep their contacts clean. L-O-V-E keeps broadcasting, nevertheless, and comes in as strong as possible over the instrument provided.

Sometimes, a set next door may be tuned in on N-O-I-S-E, but station N-O-I-S-E soon ceases when L-O-V-E is broadcasting. There may be a roomful of sets variously tuned in: to P-A-I-N, loudly voicing its program; to D-I-S-

E-A-S-E, shouting its false message; to L-A-C-K, trying hard to make itself heard. When L-O-V-E is broadcasting these other stations just quit in despair. They seem to say: "There is L-O-V-E on the wire. H-E-A-L-T-H, J-O-Y, and P-L-E-N-T-Y are linked up with it tonight, so we might as well sign off. It is too powerful a station for us. Its wave length is too much for us."

This little story about station L-O-V-E has a big lesson in it for all of us. It shows us how easily we can tune out noise, pain, fear, hate, and lack. We just turn the dial; reverse the thought. We discover that when pain and lack and fear would make themselves heard we need only to "turn the dial." We find that we can tune out "jazzy" noises and static by the simple process of reversing the thought. We find that when we are mentally attuned to love, no discordant thoughts can find place in us. We no longer vibrate to hate and fear when we are attuned to love.

If we go into a room where disease and fear are being voiced, where propaganda adverse to love is afloat, the situation soon changes if we broadcast love. We find that pain and disease, hate and fear, cannot be broadcast when we are broadcasting love. We find that health and joy and plenty radiate from us when we are attuned to love.

When we hear long and vivid tales of the power of adversity and evil, what a privilege it is just to silently say within ourselves; "Sta-

tion L-O-V-E broadcasting"! When hate makes its appearance we have only to say silently to it, "L-O-V-E." Hate and fear cannot exist in the field where Love exists.

If our aërial extends to heaven, if our thought pierces to heights of spiritual consciousness, we can always be assured that we are tuned in properly to have love broadcast in our lives. If our aërial extends in every direction, if we are universal in our conception of life, then love dawns upon us more clearly. If our contact with Spirit is not fouled by adverse beliefs we can always receive the broadcastings of love from the station L-O-V-E, eternal in the heavens. We need not fear that L-O-V-E will sign off, when we realize that the spirit of love within and about us is eternally at work broadcasting love and its blessings for us.

Realizing the power of love, we can neutralize the power of hate and of fear. These are "tuned out" of our lives when we broadcast love. They simply do not exist in the realm in which we live—that realm wherein only the voice of heaven, the voice of Truth, is heard and felt.

God is love. We are creations of His love and He lives as love at the very center of our being. He continues to broadcast His love in and through us. He never ceases to love us and to cause us to turn from pain, disease, sin, fear, hate, and lack. He would have us turn from the noise and nothingness of all these. He would have us tune in to Him at all times.

KEEP TRUSTING

At the time when faith is tested,
When it seems that you are bested;
Keep trusting.

When it seems that love is routed
And before your eyes it's flouted;
Keep trusting.

When men seem to doubt the Master,
He will fly to you much faster;
Keep trusting.

Nothing's gained when faith is yielded,
Keep your faith; thereby, be shielded;
Keep trusting.

Now the load's begun to lighten
And your path's begun to brighten;
Keep trusting.

"THERE'S NOTHING TO IT"

HAVE YOU ever listened to some one relate some adverse experience with all its trimmings of vividness and horror and, at the same time, been in a high state of consciousness in which the nothingness of the whole experience was revealed to you? The one voicing the experience perhaps turned to you and said: "It all seemed so real to me. Now it seems like nothing." Then you both smiled and the adverse experience passed into its native nothingness.

Recently while reading one of our great New York dailies I was impressed by the nothingness of many of the things given emphasis. Something within me said most emphatically: "There's nothing to it. All this belongs to the world of nothingness that men find themselves living in before they find the world of reality, the world of Truth." Then my eyes fell upon this little poem, called, "Mysterious Nothing":

Mysterious Nothing! how shall I define
Thy shapeless, baseless, placeless emptiness?
Nor form, nor color, sound, nor size is thine,
Nor words nor figures can thy voice express;
But though we cannot thee to aught compare,
A thousand things to thee may likened be!
And though thou art with nobody nowhere,
Yet half mankind devote themselves to thee.
How many books thy history contain!
How many heads thy mighty plans pursue!
What laboring hands thy portion only gain!
What busybodies thy doings only do!
To thee the great, the proud, the giddy bend,
And—like my sonnet—all in nothing end.

Surely this unknown poet had in mind some thought of Truth when he sang the song of nothingness. Possibly, he had long beheld humanity falling under the burden of belief in adversity and evil, the strain of making something out of nothing.

Jesus proclaimed the nothingness of the world, the nothingness of the things that men bowed down before, the nothingness of the power of sin under whose sway they had fallen, the nothingness of disease to which they had become victims.

Young students are often puzzled when some advanced student of metaphysics, speaking of evil or disease, seems to dismiss it entirely from mind by a simple declaration, "There's nothing to it." Of course, to the person in the consciousness of disease, it is very real. To the person in the consciousness of the all-powerful presence of God, "there is nothing to it"—there's nothing whatever to the claim of disease.

Many cults of the oriental world are inclined to make the nothings or illusions of the world very conspicuous in their religion. The Hindus make the denial of things worldly very important. We of Christian thought, too, must recognize the nothings in life and see that we do not give them importance or place.

Sin, disease, fear, hate, lack, and the remaining whole company of negatives are as nothing to one in the consciousness of Truth. He can look any of these in the face and say, "There is nothing to it."

LET SILENCE SPEAK

When gossip lifts her scornful head
And would revive old tales long dead,
Lend not your ears to tales absurd;
Make no defense, speak not a word;
Let silence speak.

When some one speaks the voice of sin,
The word of evil with its din,
Retreat within, it won't be heard;
Recall the good, speak not a word;
Let silence speak.

The voice of Truth within your breast
Is far more powerful than the rest;
Just let the still, small voice rejoice;
It will its mighty message voice;
Let silence speak.

FRIDAY, FEBRUARY 1

My Keynote for Today: *Into my work I put the new ideas, enthusiasm, and success of Spirit within me.*

I RELIEVE myself and my work of all thought of servitude. I do not think of myself as laboring or as doing my work with difficulty. I do not think of my work as having power to depress me or to master me.

Each day I approach my work with new ideas and new enthusiasm. I know that in the great universal scheme of life my work has its importance and that at this moment I can do it better than any one else in the world.

The Spirit of newness is now active in me, in my mind, and in everything that I touch. I carry my consciousness of new life into everything that I do.

When I do my work cheerfully and well, I know that God is working in and through me. I know that through the Spirit within me I am serving mankind.

Success crowns my efforts because I put into my work that which is bound to succeed. Into all that I do I put the best that I have to give. I maintain my consciousness of higher principles in all that I perform.

It rests with us whether our work shall be service or servitude.—*Unity calendar for February.*

My Keynote for Today: *The joy of the Lord fills me completely and overflows into everything that I contact or do.*

THERE IS neither sadness nor depression in me, because the presence of God fills me with joy and happiness. I cast out of my mind every thought and every memory that would bind me to sadness.

Everything that I touch feels the radiance of my joy. My work is impregnated with unchangeable joy. Nothing in my world can cause my joy to diminish, because my joy is founded upon the joy of Spirit.

Everything that I do is filled with joy. May all who contact the work of my hands become filled with bountiful joy. My handiwork is a masterpiece of joy.

In all the world there is naught but joy for me. I recognize no opposites of joy. Joy fills me with the consciousness of health.

My joy is the joy of ten thousand. With me is the very Spirit of joy, the fountain and source of constantly increasing joy.

I go forth this day charged with joy, knowing that I am doing my part to lift the world to good cheer, happiness, and exhilarating joy.

Ye shall rejoice in all that ye put your hand unto, ye and your households, wherein Jehovah thy God hath blessed thee.—*Deut. 12:7.*

My Keynote for Today: *God, the law of good, works in me and through me, causing only good to appear in me and in my life.*

I AM UNDER no negative or adverse laws. I am not affected by any law of disease or death. I do not make for myself, or accept from another, any law that would limit my peace, health, or prosperity.

I now am and I always have been under God's perfect law. I now am conscious of the continual working of this law. I realize that at all times God is working through me and through my affairs as the law of my highest good.

The law of the spirit of living in Christ made me free from all so-called laws of sin, disease, and death. Living in the consciousness of God's presence and His activity in me and in my life, I am conscious that I am governed solely by higher law.

I open my eyes to behold the wonderful things now manifesting in my world through the perfect working of the law of good. I see health and prosperity manifesting as the result of the operation of God's law.

I place myself in the care of God, in His presence, under His law.

The law of Jehovah is perfect, restoring the soul.—*Psalms 19:7.*

My Keynote for Today: *My heart is cleared of all bitterness and hardness, and I have a new heart filled with love and strength.*

I NO LONGER let my subconsciousness be filled with hardened thoughts or bitterness. In the very heart of my mind there is no place for thoughts of unkindness or hardness.

My heart is purified of all hatred and all hard feelings toward others or toward life. I erase from consciousness and from my heart all feeling of resistance, envy, jealousy, and hate. I clear from my heart all personal feelings, all belief that any person has been unkind, untrue, or unjust in his relations to me.

In my subconsciousness, the very heart of my being, I am purified and regenerated. My mind is cleared of adverse and limited thought. In my relation to others, I do not entertain thoughts that limit me.

My physical heart is renewed and strengthened. New and rich blood circulates through it freely. My heart cannot be hardened because I am gentle and kind at all times.

A new heart also will I give you, and a new spirit will I put within you; and I will take away the stony heart out of your flesh, and I will give you a heart of flesh.—*Ezek. 36:26.*

My Keynote for Today: *In spiritual consciousness I know the good judgment of Christ and I, too, exercise good judgment and deal justly.*

IN THE higher realms of mind, in the secret place where I contact Christ, I am one with His infinite justice and good judgment. I know how to judge and to discriminate wisely and well. I know how to distinguish the true from the false. I exercise good judgment at all times.

One with His infinite justice, I deal justly with all persons and in all circumstances. I have no desire to be unjust, neither do I expect to derive pleasure or profit from unjust dealings.

In spiritual consciousness I perceive the ideal relation of justice existing among all persons. I know that in Truth all persons deal justly with one another.

As God extends justice to me in all things so do I emulate Him and deal justly with those whom I contact. I but express the infinite justice of God within me.

Established in the consciousness that others deal justly with me, I have no consciousness of injustice.

Execute the judgment of truth and peace in your gates.—*Zech. 8:16.*

My Keynote for Today: *I have no contact with evil or with evil ways. Established in spiritual consciousness I am eternally unified with the good.*

IN ORDER to make our demonstrations perfect, we must break all contact with evil. We must give up all belief that we have ever been sinful or that we as sons of God are capable of sinning. As long as we think of evil as being identified with us in any wise, just that long shall we be bound to it.

If we think of ourselves as something that can be overcome by evil we give power to evil, the supposititious opposite of good.

When we cease to think of evil as something with power over us, we cease to give it power to dominate us. When we obliterate evil from our world, it will no longer have place or power in our lives. When we think solely of God, the good, as having power, then God, the good, only can have power in our world.

Unified with the good, knowing that it is always within us and about us, knowing that we are entirely permeated with the presence of God and infolded therein, we find that in Truth there is naught but good—naught but God.

Abhor that which is evil; cleave to that which is good.—*Rom. 12:9.*

THURSDAY, FEBRUARY 7

My Keynote for Today: *No external thing can cause me to be inharmonious. I am established in the peace of Christ within me.*

PERSONS, things, and events have no power to destroy my peace of mind. The things of the external world have their place in the world, but not in me. Nothing without me can destroy the peace within me.

No one in all this world has greater power over me than has Christ within me. No personality can defeat the working of divine principle. I am established in the impersonal life of Christ, the life in which I am not bound to persons or things of the world.

I am not attached to things. Things have no power to make me happy or unhappy. Their absence or presence, gain or loss, has no power to change my peace of mind.

Circumstances do not disturb the tranquillity of my life. No external situation can cause me to become unconscious of Christ within me. The events of my life are entirely under my control and, for that reason, they contribute to my joy and happiness only.

I am forever established in the peace of Christ.

Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee;* because he trusteth in thee.—*Isa. 26:3.*

FRIDAY, FEBRUARY 8

My Keynote for Today: *Through spiritual vision I behold God's perfect world. My physical eyes behold God, expressing Himself as omnipresent beauty, health, and perfection.*

EXERCISING spiritual vision I see through the mist of materiality—limitation, evil, and disease—and behold the perfect world of God. I see freedom in place of limitation, good in place of evil, and health in place of disease.

By spiritual vision I see through the eyes of God within me. I see the world through eyes illumined by the light of Truth. I, the son, see through the strong, clear eyes of my Father.

By spiritual vision I behold beauty, health, and perfection as existing everywhere. In the same way I see through my physical eyes the presence of God dissipating the seeming presence of evil. I behold God coming into manifestation in me and in every place.

The power to see all things clearly and distinctly is now restored to my eyes and they are strong and whole. They are strong because of the strength of God back of them. They are whole because God created them whole.

He laid his hands upon his eyes; and he looked stedfastly, and was restored, and saw all things clearly.—*Mark 8:25.*

My Keynote for Today: *All fear is cleared from my mind. I abide in the fearlessness, love, and courage of Christ, Victor and Conqueror.*

I ABIDE in that consciousness in which there is no fear. I am not afraid of persons, of animals, or of things. I am not afraid of the future. I am not afraid of storms or contagions. I see all these as powerless to make me afraid.

In the fearlessness of Christ I lose all sense of fear. I know that in all the world there is nothing to make me afraid.

In the love of Christ I lose sight of all fear. In love there is no fear. In Christ there is nothing to make me fearful.

In the courage of Christ I am strong and courageous. My mind and my body are filled with the strength and the courage of ten thousand.

Through the Christ consciousness all things are conquered. Christ in me is victorious at all times. Christ in me is my source of infinite courage.

All the courage of the perfect man in Christ now expresses itself in and through me. My very environment is pervaded with courage.

Fear not ye, neither be dismayed by reason of this great multitude; for the battle is not yours, but God's.—*II Chron. 20:15.*

Jesus Chris

I often think that I need help
And then I turn to find My F
Another's with me, at my side
I lift my eyes and there beho

And when I need the vision c
I find that love surrounds me
I find that if I'm true to Tru
I only need to lift my eyes to

If I should need to know the
I hear my Great Physician sa
I never lack companionship,
I lift my eyes, I'm sure to find

Is Right at Hand

nd must accomplish tasks alone,
nd and find such tasks are not my own;
where'er I be, on sea or sand);
hat Jesus Christ is right at hand.

r that love prevails, there is no fear,
hen I turn and find My Lover near.
nd if I firmly take my stand,
l that Jesus Christ's at hand.

th that health is mine and strength my lot,
"Arise and shine! take up thy cot!"
stance comes by air or land;
at Jesus Christ is right at hand.

My Keynote for Today: *I have faith in God and in the prevalence of good. I have faith in the good inherent in myself and in all persons.*

THERE IS no place in me for disbelief or lack of faith. I do not mistrust persons or lose faith in them. I free myself from all unbelief.

I have faith in God at all times. I have faith in the principle of good and I place myself in line with its action. I know that when I am conscious of the operation of God's law, naught but good can appear in my life.

I have faith in the power of good to displace every seeming appearance of evil. Every limited belief must yield to the operation of Truth in my consciousness. Every limitation must yield to my supreme faith in God, the good.

I have faith in my higher self. I have faith in the power of God within me, now causing me to be regenerated and revitalized in every part. I have faith in the Christ mind within me, raising me to His consciousness of intelligence and understanding.

I have faith in all men. I see in them the presence of God. I behold their higher selves, their spiritual natures, their likeness to the Father.

Be not faithless, but believing.—*John 20:27.*

My Keynote for Today: *Knowing that great good is now coming to pass in my life, I patiently trust the working of Spirit in all things.*

I AM NOT impatient because I know that Spirit is now at work in me and in all that concerns me. I give up all feeling of impatience and uneasiness. I do not think of any thing as having power to make me impatient.

I realize that Spirit is working, even when to outer sense there is no appearance of its work. I know that back of all appearances is the perfect work of Spirit. I am willing to trust God and to know that good is now taking the place of any limitation which may have been present in my life.

The Spirit of truth is now at work, causing great good to appear in bountiful measure. I am always patient with Spirit because Spirit is always patient with me. I always anticipate good and I am rewarded by seeing good appear as countless blessings.

Patiently trusting God in all things, I have no occasion to doubt. I realize that I have but to clear my vision of all doubt in order to behold the presence of God in my affairs—the presence of that for which I earnestly pray. Through patience I claim every good blessing.

Let patience have *its* perfect work.—*James 1:4.*

My Keynote for Today: *I free all persons from any belief that they are bound to do my personal bidding. In Christ, they are free.*

THIS DAY I set all persons free from all thought that they are bound to me or to my personal bidding. I have no desire to hold any one in personal consciousness. I have no desire to hold any one in limitation or in any limited belief.

Through the freeing power of the Christ truth, I give up all tendency to hold any one subject to my personal beliefs, likes, or dislikes. I set all persons free, even as I would be free and even as I am now free.

I see all persons free from personal consciousness, free from bondage to other persons. I set them free from the thought that any person or any external power can restrict them in any wise. I see them not as slaves to men but as co-workers with God. I behold all men erect in their divine manhood, subservient to no external power.

I proclaim freedom to all men, knowing that through Truth they will understand their perfect freedom as sons of God.

He hath sent me to . . . proclaim liberty to the captives, and the opening *of the prison* to them that are bound.—*Isa. 61:1.*

My Keynote for Today: *I see in the earth all things manifesting the perfection which I behold in the heavens of my mind.*

I DO NOT entertain limited ideas about persons or things. I give up all tendency to think limited thoughts and, in their stead, I think the perfect thoughts of God within me.

In my mind's eye I see the perfect pattern of all things as they exist in Truth. Lifting my eyes to the hills of spiritual consciousness, I behold the perfect idea back of all manifest things. Looking away from personal limitation, I behold in the spiritual heights the perfect pattern of all that concerns me in my world.

Lifting my eyes (my inner spiritual vision), I behold myself as I exist in God, in Truth. I behold my innate perfection now coming into manifestation, even as it exists perfect in the realm of divine ideas.

I resolve to keep my vision upon higher things, so that I may manifest in the earth the noble things of Spirit. I rejoice to keep my vision so centered upon Spirit that I may express my spiritual nature in all things and in all ways.

See that thou make them after their pattern, which hath been showed thee in the mount.—*Exod. 25:40.*

My Keynote for Today: *There is no place for hate in my world. Love fills my universe and I am surrounded by loving friends.*

I CAST OUT of my mind and out of my world all belief in enemies or in hate. I no longer think of hate as having any relation to me or as having any presence or power. I am not subject to any belief in the power of hate.

The presence of God, divine love, fills my consciousness and my world. Naught but God has presence in my life. Only love exists in my universe.

Love is the power that unites me with all living things. Through this unity I am awakened to divine love. I am one with the love of God, one with the love of all persons and all things.

I am free from the limitations of personal love because I am one with the great universal love of Spirit. In this all-inclusive love I am in love with all life.

I radiate love to all living creatures. I love the life of God within them. I love all life. I am loving in thought, in word, and in deed.

In the consciousness of love I am eternally infolded in love.

I say unto you, Love your enemies, and pray for them that persecute you; that ye may be sons of your Father.—*Matt. 5:44, 45.*

My Keynote for Today: *The healing truth of Christ saves and delivers my body from disease of every kind and my body radiates the healing presence of Christ.*

I GIVE UP every belief about my body that would bind it to weakness, disease, or decay. I give up every thought that would further the false belief that my body is susceptible to weakness or disease.

I recognize Christ as the head, the savior, and the great physician of my body. As the head, He is the executive who, through spiritual thought, disciplines the thoughts that make up my mental life. As savior, through His truth, He saves me and my body from ignorance and disease. As my great physician, He heals all my diseases and restores me to perfect health.

The healing truth of Christ relieves my mind of every offending thought and, thereby, my body is relieved of weakness and disease. Through Christ, the Truth, I am delivered from every woe of the flesh.

My body is the temple of the living God. It is filled with the presence of Christ—the presence of purity, life, strength, and health. Through Christ I manifest perfection.

Christ also is . . . the saviour of the body.—*Eph. 5:23.*

My Keynote for Today: *In Christ in me there is never any weakness. I am eternally strong with the strength of Christ.*

I DO NOT think of weakness as belonging to me or as having any place in my make-up. In Truth I cannot be weak. I cease forever to refer to myself as unable to do that which I need to do.

Giving up belief in weakness I lay hold of abundant strength. Mentally and physically I am released from all weakness. In my mind and body I manifest mental power and physical strength.

The strength-giving power of Christ lies within me and expresses itself in and through me. I am strengthened through the presence of Christ. My nerves and muscles manifest the mighty strength of Christ within me.

Day by day I realize that I am coming into a larger consciousness of strength. I continue to manifest strength in mind and body. I grow in consciousness of strength and my realization of strength causes me to become exceedingly strong.

The strength of ten thousand is mine through the power of Christ expressing strength in me.

Strengthen ye the weak hands, and confirm the feeble knees. Say to them that are of a fearful heart, Be strong, fear not.—*Isa. 35:3, 4.*

SUNDAY, FEBRUARY 17

My Keynote for Today: *Realizing that I now have all the blessings of God, I am engaged in praying the true prayer.*

PRAYER, to me, is spiritual realization. Through prayer I realize that I now have the richest blessings of God. I pray the true prayer of Christ when I am conscious of the presence of God and His blessings.

I do not think of prayer as a beseeching for that which I desire. The son of God does not beseech his Father for what he wants. I know that as a son of God all the Father's richest blessings are mine to enjoy now and here. I need not grovel or beg in my Father's presence.

I realize that now and here I have health abundant. I feel health in every part of my being. I realize that abundant life fills every cell of my organism.

I realize that prosperity is manifesting now and here in ever increasing measure. I no longer hesitate to pray for supply, because I know that my Father wants me to be rich in the consciousness and in the possession of His blessings.

I live in a constant state of prayer because I am constantly realizing my divine inheritance.

Ask whatsoever ye will, and it shall be done unto you.—*John 15:7.*

My Keynote for Today: *I praise and magnify every evidence of good that appears in my life.*

IN TRUTH there is no place for fault-finding. I do not criticize myself. I do not magnify any appearances of shortcoming. I know that all limitations belong to the realm of illusions and have no place in the kingdom of God, in which I live.

I give thanks for every evidence of the presence of God. I am thankful for peace, health, and plenty. I praise these possessions and see them grow and magnify. Moment by moment I come into a clearer realization of the presence of bountiful good.

Through praise I cause my good to increase and to multiply. As I increase in consciousness of the presence of God, my blessings multiply.

Through praise I am lifted to the high consciousness in which I am eternally thankful—eternally conscious of harmony, wholeness, and abundant supply. I am thankful that I am the son of God, sharing always in my Father's abundance.

I am grateful for every loving gift that comes to me. I am appreciative of every blessing that God showers upon me. I radiate love and draw to me the blessings of love. I abide forever in the presence of God.

His praise endureth for ever.—*Psalms 111:10.*

TUESDAY, FEBRUARY 19

My Keynote for Today: *The Christ mind guides, directs, and inspires me.*

This statement is the Silent Unity illumination word to be used from February 20 to March 19.

I CANNOT be moved or directed by any thought but that which is for my highest good. I am not guided by any belief but the one which brings to me a greater measure of blessings.

The mind of Christ is my guide in all things. It guides me away from limitations, into my highest good. It guides me into ways of pleasantness and into paths of peace. It guides me into success and prosperity.

The mind of Christ directs my steps. I am divinely directed in all that I undertake to do. I can know no indecision or hesitancy. The directive power of the Spirit of wisdom within me guides me in discovering that which should be revealed to me at this time. I am directed by the wisdom of Spirit in all that I think, say, or do.

The Christ mind inspires me at all times. I am inspired by the knowledge that through Christ within me I can do all things. Christ, the Truth, is my constant and ever present inspiration. I am inspired to give expression to the Christ within me.

Commit thy way unto Jehovah.—*Psalms 37:5.*

WEDNESDAY, FEBRUARY 20

My Keynote for Today: *The mind that was in Christ Jesus is in me and I am restored to harmony and to health.*

This statement is the Silent Unity healing word to be used from February 20 to March 19.

I GIVE up all thoughts which are contrary to Truth and to the mind of Christ. I give up thinking about inharmony and disease. I no longer use my thought substance in thinking thoughts of adversity.

I have in me the "mind . . . which was also in Christ Jesus." I entertain thoughts of peace, love, health, and strength. Through spiritual consciousness I realize that I have the Christ mind—the mind of health, life, and strength. I realize that in Truth I have the same mind that Jesus, the perfect man of God, had. Every man who enters spiritual consciousness can think the high and exalted thoughts of the Christ mind.

Through thinking the Truth I am brought into consciousness of my perfect being. I am restored to physical harmony and health. I am restored to the consciousness that I am now and that I always have been whole and perfect. Renewed in the consciousness of the divine image-and-likeness of wholeness implanted in me in the beginning, I am restored to perfect health.

I stir up your pure minds.—*II Pet. 3:1 (A. V.).*

My Keynote for Today: *In the name of Jesus Christ, I bless and praise the rich substance of heaven now being bountifully manifested in all my affairs.*

This statement is the Silent Unity prosperity word to be used from February 20 to March 19.

I DO ALL things in the name and through the power of Jesus Christ. Acting from the standpoint of spiritual consciousness, I do all that I do through the power of the Christ Spirit within me. Through the name of Jesus Christ I have power to bless and to praise my good. I have power to cause my supply to appear when it is needed. I know that, when there is need for it to appear, the very substance of heaven is expressed in my affairs.

Through my praise and blessing I know that my substance increases and multiplies. I now behold the increasing power of Spirit at work in my finances. I know that my business and my home are prospered through the prospering power of the Christ mind.

In the consciousness that there is naught but prosperity in my affairs I behold only the manifestation of prosperity. I see prosperity steadily increasing and blessing me.

Yet I am become rich, I have found me out substance.—*Hos. 12:8 (A. V.).*

My Keynote for Today: *I do not utter any falsehood. Christ, the Truth, is the standard of my every thought and word.*

I HAVE no desire to be deceptive. I do not believe that it is necessary for me to utter a falsehood in order to succeed. I give no power to lying. No lie against me can prevail.

Christ, the Truth, is the standard of spiritual consciousness and the mind of mastery. Christ is the standard of my thinking and I cause every thought to conform to His measure.

Truth is able to overcome every falsehood. The truth about man's perfection overthrows the falsehood that man is something sinful, imperfect, or diseased. The truth that man is created in the image and after the likeness of God overcomes the false belief that man is a worm of the dust. The truth of Christ now operating in me through spiritual consciousness causes me to express the divine perfection of God. God through His Truth revealed to mankind makes me powerful to express my inherent divine nature.

The Truth of Christ reveals to me the truth about every situation of my daily life. The Truth of Christ can be applied to every situation of the day and I rejoice to apply it.

Speak ye every man the truth with his neighbor. —*Zech. 8:16.*

My Keynote for Today: *The stillness and quietness of my spiritual consciousness extends to the very circumference of my world.*

IN THE stillness of Christ there is no noise or confusion. There is no disturbing element in the high spiritual consciousness in which peace and I dwell together. In this consciousness I am aware of the stillness which neutralizes all noise and disturbance.

I am thoroughly still because I abide in the stillness that can never be shaken by disturbing thought. I live in the stillness found in the secret place of the most High. I have "the peace . . . which passeth all understanding." I "abide under the shadow of the Almighty."

I am quiet because Christ in me is quiet. The inner quiet of spiritual mastery is mine and I am very quiet in every part of my being. My mind is quiet because the quietness of peaceful thoughts fills and quiets it. My body is quiet because every cell in my body is filled with quiet and with the assurance of perfect health.

My environment and my world are filled with the quietness which I radiate. My universe is the universe of Christ, the universe of perfect peace.

That we may lead a tranquil and quiet life.—*I Tim. 2:2.*

My Keynote for Today: *Moment by moment I am growing in the consciousness of my innate perfection.*

I KNOW that, so long as I grow in spiritual consciousness, just so long shall I continue to develop mentally, physically, and spiritually. With this in mind, I daily develop my spiritual consciousness. I behold the blue print which I am to follow in living a well rounded life.

I give up every belief which would tend to make me crystallized or stagnant in mind or in body. I give up every prejudice, every resistance to growth. I erase from my consciousness every belief which would bind me to limitation.

Moment by moment I am growing. I am developing into the perfect child of God which I am in Truth. I let the Christ within me express Himself easily and freely.

My body is developing healthily and symmetrically. I develop every cell, nerve, gland, muscle, and bone as it should be developed in a healthy body. I know that the power of Spirit now active within me causes my body to become completely the temple of God, for such it is in Spirit.

Grow in the grace and knowledge of our Lord and Saviour Jesus Christ.—*II Pet. 3:18.*

My Keynote for Today: *I am not worried or anxious. I abide in the care free consciousness in which I know that all is well.*

I RESOLVE this day to give up worrying. I refuse to worry about persons or things. I will no longer worry about my friends or my relatives. I will not worry about my home life or my business. I resolve not to worry about the future.

In spiritual consciousness I am free from all worry and care. I am free from every thought which would cause worry to thrive. I am free from all the old processes of thought habit that cause worry to be easy for me.

In spiritual consciousness I know that all is well. I know that the Spirit of good is now causing great good to appear in my life. I know today there will appear in my life such evidence of the working of God that I never shall be inclined to worry again.

All is well! All is well! At all times and under all circumstances I can say, "All is well," and I can realize within me that all is well with God and all is well with me.

In the care free consciousness of Christ I am this day forever established. I am secure in the care free assurance that all is well.

Casting all your anxiety upon him.—*I Pet. 5:7.*

My Keynote for Today: *In Truth there is neither age nor years. I abide in the eternal youth of Spirit, and my body is fresh and youthful.*

I KNOW that in Truth I am not under any law of age. I give up all belief that the thought of age can bind me to age in any wise. I give up all belief in time and in years. I erase from consciousness all belief in decay and disintegration.

Christ within me is eternally alive with the life and youth of God. I am alive with the youth of Christ. The eternal youth of Christ in me now annuls all belief in age.

My physical body is fresh with the youth of Spirit and I am refreshed and youthful. I am constantly being refreshed in mind and in body. I manifest the eternal youth of Christ within me and cause it to be expressed as superb youth.

I place myself under the law of life and eternal youth. In all my ways I express radiant youth. I am youthful in my thinking and in my reacting to all the situations of life. I am elastic and supple.

The cells, nerves, glands, muscles, and bones of my body are nourished and stimulated by the youthful substance of Spirit. The renewing, regenerating power of eternal youth renews and regenerates me.

Thou hast the dew of thy youth.—*Psalms 110:3.*

WEDNESDAY, FEBRUARY 27

My Keynote for Today: *Abiding in the consciousness of the presence of God, I abide in heaven here and now.*

I REFUSE to believe in heaven as some distant place or as some place to be discovered in the future. I claim the promises of God and abide in heaven here and now.

In the presence of God I feel that God is both within me and about me. I feel His presence in the very heart of my being. In the innermost depths of the great within, I feel the presence of God.

I am infolded in God's presence. His life and love surround, protect, and bless me. I abide in the omnipresence of God.

In the presence of God there is neither evil nor adversity. Where God is, there can be no disease or limitation. In God's world, my world, there is only God, only good.

I know that God's kingdom is within me and about me. I behold the glory and splendor of God's presence. I see myself as I exist in Truth.

In Truth there is only heaven—the manifestation of God. In reality only the presence, being, and power of God and His manifestations have any place. I know this truth and I live in the presence of God.

Our citizenship is in heaven.—*Phil. 3:20.*

THURSDAY, FEBRUARY 28

My Keynote for Today: *I live in the eternal now. Now I lay hold of the blessings of God. Now I enjoy life to the fullest.*

IN TRUTH there is only the eternal now. I erase from my consciousness all belief in the past and in the future. I give up all unpleasant memories of yesterday. I give up looking to tomorrow for my happiness.

At the present moment I am happy and healthy. I am living in the very midst of countless blessings. I have an abundance of peace, health, and prosperity.

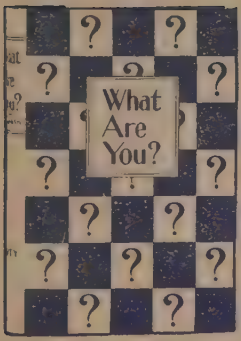
At the present moment I think of myself as I exist in God. I know that right now I am the son of God and heir to all that His son inherits.

Even as I never have been other than the son of God, so I shall ever be His son. Regardless of what I have thought or done I remain the perfect son of my heavenly Father.

I enjoy life to the fullest because I realize the fullness of God's love and life. Nothing is withheld from me. I am unlimited in my expression of life.

Right now I rest secure in God's presence, realizing more and more of His peace, health, and plenty.

Beloved, now are we children of God, and it is not yet made manifest what we shall be.—*I John 3:2.*



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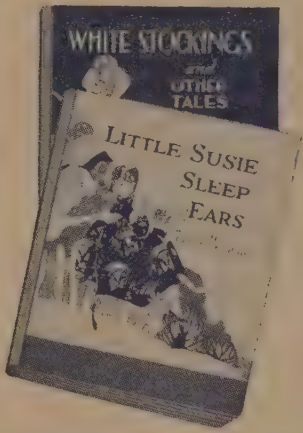

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Lessons in Truth sells regularly at $1 a copy; *Unity* magazine is $1.50 a year. Now you may have *Lessons in Truth* and *Unity* for $1.50. When ordering your subscription to *Unity* magazine, be sure to ask that it begin with the January issue.

SANDSY'S REBELLION

"Sandsy's Rebellion"—one hesitates to say the best story that ever appeared in *Youth* magazine, for there have been many very, very good ones, but, really, we think it *is* the best—starts in February.

Youth is for the young people of high school age and its stories are selected for these young folk, but one of our own Unity workers who, with her young son, has been following Sandsy, through several Sandsy stories, tells us that she has found him quite the most enjoyable, interesting storybook person that she has met for years.

Let us introduce you to Sandsy and you in turn can present him to some of your young friends. Remember—Sandsy will be seen first in the pages of February *Youth*. Yearly subscription, $1.50.

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Can you bridge the gap between prayer and demonstration? Can you make the connection between a metaphysical treatment and results? You will find these questions answered in a new article,

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SILENT UNITY CLASS THOUGHTS

February 20 to March 19

The Christ mind guides, directs, and inspires me.

The mind that was in Christ Jesus is in me, and I am restored to harmony and to health.

In the name of Jesus Christ, I bless and praise the rich substance of heaven now being bountifully manifested in all my affairs.

Sample copies of *Unity Daily Word* will be sent free by the publishers to any address. Single copies, at news stands, 15 cents. Subscription, $1.50 a year.

Unity School of Christianity also publishes *Christian Business, Youth, Wee Wisdom, Unity,* and *Weekly Unity.* Each subscription, $1.50 a year. Two other publications, *Unity Sunday School Leaflet* and *Unity Local Program,* are each $1 a year.

Requests for the ministrations of Silent Unity and love offerings for prayers for health and prosperity should be addressed to the Unity School of Christianity, Silent Unity Department.

Subscriptions, renewals, requests for prosperity banks, changes of address, book orders, or checks and money orders for publications should be sent to Unity School of Christianity, Publishing Department.

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March
1929

UNITY DAILY WORD

A little companion that daily will direct your steps to the sun tipped heights in whose glory you will behold the son of God, for such you are.
Nonsectarian. Published monthly.

F. B. Whitney, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy ave., Kansas City, Mo.

GOD EVERYWHERE

Elizabeth Griffin

In the stillness of the night,
In the hustle of the day,
In the sparkling ray of sun,
In the shadow of the moon,
In the drizzle of the rain,
In the glistening drift of snow,
God is there!

FROM PRAYER TO DEMONSTRATION

How to bridge the gap between spiritual treatment and physical manifestation.

CCASIONALLY some one says, "I know how to pray, I can give a good metaphysical treatment, but, somehow, I do not get results." In such cases there would seem to be something lacking in the spiritual treatment if results are not forthcoming. Let us see what this might be.

Virtually every Christian thinks that he knows how to pray, so we shall concern ourselves not with the ordinary technique of prayer but with the mystical "something" which, added to prayer, makes it a living and efficacious thing, makes it yield fruit. What is this something that makes prayer alive? What is this thing that one person can put into his prayer so as to cause results to appear, while another person may seem to pray just as earnestly and still not get results?

First of all, remember that prayer should not be a form of beseeching. In prayer, do not take the attitude that you are begging for something. Oh, no! That is not true prayer. Understanding the nature of spiritual man, knowing that you are heir to all the blessings of the Father and that these blessings are yours to enjoy now and here, you seek through prayer to realize their presence. In order to do this you must remove from mind all belief that you lack these blessings or that they are not yours. You must reach the place in consciousness where

you cannot perceive lack. You must enter spiritually the very presence and possession of the things for which you are praying.

Occasionally we see some spiritual healer whose success in healing is only spasmodic. The question presents itself, "Why is he not always successful in healing?" The answer is obvious: "He conceives of disease as a reality, and seeks to remove it." If we pray such prayers as this, "O God, cure me of this powerful disease," we have not prayed the true prayer. We need to think of disease as belonging solely to the world of illusion, no matter how real it seems to be.

In prayer, are you able to drop all belief in the power or presence of the adverse thought that you are entertaining? This ability must be strengthened. In the early stages of prayer you must utterly wipe out such a belief. If you are to know the power of God and to bring it into manifestation in your life you must give up all belief in opposite powers. If God is to be the one reality in your life you must give up all belief in the reality of disease or of lack.

In prayer you must enter the high consciousness in which you behold yourself freed from every belief in negative things. You will behold yourself in the presence of God, cleansed of all worldly beliefs, standing clean and spotless. You will feel the power and presence of God penetrating your mind and body as if you had never known disease or limitation. You will feel at one with God.

When you leave the silence of the presence

of God, you will feel so full of this consciousness, this realization of your health and perfection, that you will actually feel yourself being made whole. Can there be any gap between prayer and demonstration when you pray thus?

One thing must be faithfully observed. You must carry from the silence such a realization of health that nothing in the outer world can separate you from it. Memories of pain or disease before your time of prayer must not be allowed to crowd in upon you. You must keep your mind unsullied by such memories. You have consecrated yourself to God and you must keep mind and body true to the high ideal that you have beheld in prayer.

Having met God "in the secret place of the Most High," having been assured that health is true and that disease is not true, having felt the regenerating influence of God actually at work in your body, how can you doubt the healing power of prayer? How can you lapse into the old way of thinking, the old beliefs in disease? Keep true to the high ideals that God has shown you in the silence.

Between prayer and demonstration, is there a gap? Are not the two so closely interrelated that we cannot separate them? Is not demonstration but the conclusion of effective prayer?

The secret of this message is this: Keep your vision clear. Aim to look with spiritual eyes away from the thing that you seek to remove from your life. Lift your vision to the highest ideal within you, to the innate perfec-

tion that has never been touched by adversity.

Have you found the "something" within you that is never diseased, never weakened, never defeated? Do you not feel that this something is mightier than all the diseases that man discusses and propagates? This something is the power of God within you, and you have but to turn to it to feel yourself lifted up and away from negative things that appear to be real. The external things that would draw you away from God must cease to lure you. The old beliefs in disease must be given up if you are to discover this Great Something within you and hold steadily to it.

On the way from prayer to demonstration there are mighty changes taking place within the one who prays. He gives up the adverse beliefs which have bound him, and he finds God. He gives up viewpoints which are ages old, but finds the Truth that is eternal, that Truth upon which his own life is established.

This revelation of your perfection in God and of the ease with which it can be realized is worth more than anything else in the world to you. You can do all things through your knowing it, because you can do all things through Christ, the Great Something, within you.

Keep your vision fixed upon the unchanging One within you, your constant God, and upon your own likeness to God. Hold steadily to this vision until you clearly see the thing for which you pray come right into visible manifestation. God Himself is the answer to your prayer.

I AM

LOUISE H. BELL

I am the word that spoke the light,
That chased the darkness from the night;
I am the All in All you see;
I am, I am, I am.

I am the truth, the living way;
I am the moment of the day;
I am all place, all time, all space;
I am, I am, I am.

I am the universal Priest;
The ocean, rivers, bays, and seas;
I am the earth's supernal peace;
I am, I am, I am.

I am the smile you took one day,
The smile that chased your griefs away,
The beauty through life's pilgrim way;
I am, I am, I am.

I am the great, I am the small;
I am the strength of one and all;
I am the health, I am the wealth;
I am, I am, I am.

I am the child that, born one day,
Did teach the wise men wisdom's way;
I am your shepherd every day;
I am, I am, I am.

I am the secret place, the prayer;
I am the joy that waiteth there
To answer all, supply your need;
I am, I am, I am.

I am the Christ, the life you breathe;
I am all wind, all air, all breeze;
I am the Principle of peace;
I am, I am, I am.

I am the life, the truth, the way;
I live through all eternity,
I am the good for which you pray;
I am, I am, I am.

I am the in, I am the out;
I am the where, the all about;
I am the voice that sings sweet songs;
I am, I am, I am.

I am the low, I am the high;
I am the coming by and by;
I am the one that's in the sky;
I am, I am, I am.

I am all now, I am all then;
I am all where, I am all when·
I am the music angels send;
I am, I am, I am.

IMPERSONAL PERSONS

HOW would you like to live in a world in which there were no misunderstandings, no unpleasant personal remarks, none of the thousand and one situations which cause inharmony and personal dislikes? In other words, how would you like to live in a world where people were impersonal, living above personal consciousness? Would it not be a heavenly world?

In an impersonal world there could be no personal limitations. No one would look upon you and see your personal shortcomings. You could not see these in others.

Is it not possible that this impersonal world exists right here and now? You do not believe it true? Possibly you are in personal consciousness and, consequently, cannot sense its existence. Possibly freedom from personal consciousness is the passport that you need in order to enter this world.

With such a goal in sight—the finding of an impersonal world, a world of impersonal persons—is it not worth an effort to become so impersonal that you can find your place in this impersonal world? Would it not be well to set out today to improve your thought and your outlook upon life so that you will merit a place in this realm of impersonality?

How can you be impersonal? By seeing yourself and others freed from personality. In personal consciousness you have been bound to personal shortcomings. You have seen your own shortcomings and those of others. In the

great universal consciousness you know yourself and others not according to your personal limitations but according to Truth, according to the philosophy of perfection.

Begin this very day to be impersonal. Do not let your thought dwell upon personal limitations. Do not think of personal failures of the past. Do not think of any of the things that belong to the personal man—failure, disease, age, time, blemish, fault, the yesterday, or the tomorrow. Live a life entirely separate from personal values.

You will make a great discovery when you begin to live the impersonal life. You will find that your impersonal attitude toward yourself and others will cause them to take a similar attitude toward you. You will discover that your tendency to find fault had served to attract faultfinding to you. Then you will make another great find. There will be revealed to you a mighty truth: that in reality there never has been such a thing as personality and its limitations, that the eternal truth of man's perfection is the only truth.

How can you make a practical application of this doctrine of impersonality? If there is some one in your life with whom you are always finding fault or some one who seems to be finding fault with you, begin this impersonal treatment at once. See the person concerned as loving and perfect. See him as living with you in the impersonal world. Possibly this personal situation will prove through its transformation

to be the key which will open the impersonal world to you.

The impersonal world is not a fictionary one. In fact, the world of personality, with all its beliefs in personal limitation, is the illusionary one. The impersonal world is the world of Truth—the world of reality, love, and perfection.

The more you practice seeing perfection instead of personal limitation the sooner will you enter the impersonal world, the sooner will you be glorified through impersonal consciousness. You can see that the more persons you behold through impersonal vision, the more will your world be peopled with impersonal persons. Finally, the world of personal shortcomings, criticism, and personality will disappear and only the world of reality will appear.

Truth teaches us to be impersonal. We learn how to rise above the world in which personal limitations are seen. We live in a world in which only the Son of God in man is seen and exalted. We live in a universe in which man does not think and act according to personal standards but according to the principle of Truth.

How real this true world seems to us as we meditate upon it! We feel that after all there is an impersonal world peopled with impersonal persons, if we will but lift our vision and see this world through eyes of impersonal seeing.

You will find another thing. Once you have sensed the impersonal world, you cannot go

back to living in the world of personality with all its limitations. You will not care to look at the seeming blemishes or faults of others, once you have seen them as they exist in Truth. You will have no desire to be critical, once you have been able to view your fellow beings through the eyes of God.

In the impersonal world there is but one power and authority. Since it is the world of God, that power must be the power of God. His principle of Truth reigns supreme. All things must be observed through the eyes of God. We must see the people of this world as God sees them and know them as He knows them.

Do you know any impersonal persons? That friend of yours who takes the impersonal attitude—does he not bring you just a little closer to heaven and to God? Does he not lift your thought just a little higher through your contacting him? You will find in this impersonal world that there is a strong influence always at work exalting your thought. You will find yourself being lifted up through this power—the power of Divine Mind.

Impersonal persons make the real and substantial friends. We are always at home with them. Their friendship is always inspiring and comforting. They seem to remind us that the world is not a failure or peopled with misfits. These friends direct us to the higher and nobler things of life. They seem to draw us just a little closer to heaven, a little nearer to God; they seem to make us a little truer to ourselves.

Today's Inspiring Word: *Through exercising the ability that I possess and blessing the good that I have, I cause my blessings to increase a thousandfold.*

THE ATHLETE finds that he must exercise his muscles in order to keep them active and strong. Likewise the metaphysician finds that in order to keep in good condition he must exercise his mental, spiritual, and physical powers.

In order to exercise his mental and physical powers he must be faithful to the silence. He must keep his thought high and noble. By doing this he will find that his powers will increase. As he continues practicing and using the silence he will find that he increases in consciousness of power.

Blessing the good that we have causes our good to increase and to multiply. We find on every hand ever increasing evidences of the goodness of God and added signs of the power of His love for us. Through blessing what we have, we discover that we have even more things for which to be thankful.

There is magic in the power of blessing. We know that this is true because we can demonstrate its truth very easily.

If you use what you have, what you have will grow.—*Unity calendar for March.*

Today's Inspiring Word: *Persons, things, and events have no power to worry me. I abide in the care free consciousness that all is well.*

REMOVE FROM things of the external world their seeming power to worry you. You can do this by rising out of the belief that they have such power. So long as you think of things external as having power to affect your inner peace and joy, just so long will there be things to worry and harass you.

Learn to live in the world in which there are no external powers. Think of the only Power that is as existing at the very center of your being. This is the power of God.

You will not worry about the outcome of events when you realize that all is well. You will know that the very Spirit of God is regulating and adjusting all your affairs in divine order.

Do not be concerned about the persons in your life. Place them in the hands of God and free yourself from all responsibility and worry about them.

In the care free consciousness that all is well, you will perceive that everything in your life is in divine order and is blessing you.

Be not anxious.—*Matt. 6:25.*

Today's Inspiring Word: *I am unified with all persons everywhere in the one Truth of Christ—universal brotherhood, Christ's church universal.*

SEEK TO KNOW the great universal truth back of all religious philosophies. You will find that there is an essential central truth running through all the great teachings. When you discover this truth you will not concern yourself with sectarian differences or with the ecclesiastical dogmas about which men quibble.

The one great Truth includes all truth. You will find in it the secret of life, health, religion, universal brotherhood. You will find in this Truth all that you and the rest of humanity need to know in order to be perfect individuals in a perfect world.

Unified with the Truth of Christ, you will find yourself unified with all other persons and all other life in the universe. You will be joined to all creation through the one great creative Power.

There is but one God, one Truth, one Life, one Man in God of whom we are the likeness, one Man in Christ whose image we are.

There is one body, and one Spirit, even as also ye were called in one hope of your calling; one Lord, one faith, one baptism, one God and Father of all.—*Eph. 4:4.*

Today's Inspiring Word: *The joy of the Lord fills my heart. My joy is unchanging, constant, enduring.*

WHEN WE realize that our joy is founded upon something other than changeable things, we find that it does not change. When we measure our joy according to the condition of external things we, at times, find that our joy is changeable.

Fixing our thought upon God at the center of our being and knowing that our joy emanates from Him, we can never be depressed or sad. God, to us, represents something constant. We never think of Him as changeable or as varying. He represents, to us, the most constant thing in all the universe.

Knowing that God is within us and always with us, how can we ever be lacking in joy? Knowing the truth that the things of the outer world do not contribute to our happiness, we become more firmly intrenched in the happiness of God within us.

Only by finding the inner joy can one radiate joy to the world. Only by knowing that joy does not come from the world without him can a person fill his world with joy. Let us heartily rejoice that we have found this inner world and that it inspires us with joy.

Your heart shall rejoice, and your joy no one taketh away from you.—*John 16:22.*

Today's Inspiring Word: *Every day I greet the world and its people with a new vision and a higher viewpoint.*

SHALL WE greet each day with a vision cleared of all false pictures and memories of the past? Shall we feel that each day we have a higher viewpoint than we had the day before? Can we not take the attitude that each day we behold a different world, a new one, since the world is being transformed very rapidly through right thinking and spiritual power?

Do not live in a world of age, decay, and disintegration. Do not allow yourself to be bound by the limited thoughts of yesterday. Do not let your mind be influenced by the limitations of the past.

By seeing a new world each day, by finding newer blessings day by day, you will free your eyes from the monotony of looking at old things. Your eyes will be renewed through beholding new visions. Your beholding the newness of the world will compensate you by giving you new and delightful things to see and new eyes through which to see them.

If you tire of life, change your viewpoint of it. Learn to see life in its ever increasing newness. See it as God's perfect idea.

So we also might walk in newness of life.—*Rom. 6:4.*

WEDNESDAY, MARCH 6

Today's Inspiring Word: *The loving-kindness and justice of God continue to obliterate all injustice and to establish perfect justice in my life.*

NO INJUSTICE can operate in the life of the person who has a consciousness of perfect justice. If you feel that injustice is at work in your affairs, just turn your thought to the perfect justice of God. Remove unpleasant things from your life by laying hold of that which is more desirable.

Give less thought to the unkindnesses of mankind and more to the loving-kindness of God. In this way you will see the love and justice of God expressed in you and in all that you possess.

No one can render injustice to you when your consciousness is filled with God's divine justice. When you exalt your thought by concentrating it upon the justice of God, you will realize that God's justice is at work in you and in all that you contact.

If you would be dealt with justly, see that you deal justly with others. One proof of your own consciousness of justice is your willingness to deal justly with your fellows.

In Truth there is only God and His justice.

Jehovah's lovingkindnesses . . . his compassions . . . are new every morning.—*Lam. 3:22, 23.*

Today's Inspiring Word: *There is no place for sin or limitation in my consciousness because I abide in that world in which only God, the good, has reality and place.*

LEARN TO LIVE in the state of mind in which you give no place or power to evil or limitation. You can attain this mental state by meditating often upon the omnipotence of God, the good, knowing that God alone pervades your world. Remember that anything which gains admittance to your life or to your world does so only through your consent.

Fill your consciousness so full of good that there can be no place for sin or evil. Be so filled with Truth that there is no room for error. Become so saturated with the presence of God that there is no place for any opposite of Him.

If we realize that God, the good, is the only reality and power, then we cannot believe that evil or sin can have power or reality. In the consciousness of the omnipresence of God there can be no concession to the race belief in evil. Dismiss from your mind all belief in evil, sin, and disease and fill your thought with the presence of God, the good.

The worshippers, having been once cleansed, would have had no more consciousness of sins. —*Heb. 10:2.*

FRIDAY, MARCH 8

Today's Inspiring Word: *All fear is erased from my consciousness and I go forth in the courageousness and fearlessness of Christ within me.*

FEAR IS so purely mental that we need not give much deliberation to the necessity of changing the fear thought in order to erase fear from our lives. We readily see that the things that we fear are those about which we entertain fear.

If we see that fear is personal, and know that our personal fears are not common to others, we can erase fear through rising above personal consciousness. Our consciousness of God and of the presence of His love, fearlessness, and courage serves to wipe out the consciousness of fear. Thus we see that knowing the truth about God and about the prevalence of good causes us to erase all belief in fear.

There is nothing in all the world of which we should be afraid. The power and fearlessness which God has placed in us make us mighty to go forth fearless and courageous.

When you find that you are entertaining a thought of fear, change the thought instantly by affirming fearlessness and courage. Know that Christ within you is mightier than any thing or any person in the world.

I will not be afraid of ten thousands of the people.—*Psalms 3:6.*

Today's Inspiring Word: *All doubt and unbelief have been cleared from my consciousness. Through faith in God and in myself I can do all things.*

THE AFFIRMATION for today helps us to eradicate all doubt that we can do what we want to do or should do. We clear our thought of all doubt in our ability to do because we center our trust upon God within us, the power that is mighty to give us the victory over all things and all conditions.

Man has been created to do the work and the will of God. God within man inspires him to do mighty things. He should look to God for his faith in himself, and not look to outer conditions or things as having power to lessen that faith.

Man has great work to do in the world and only by having faith in himself can he do this work. He cannot allow disappointments and discouragements to chill his enthusiasm, to decrease his measure of faith. That which the world would set up as a barrier to his overcoming and progress is but evidence that the world feels itself being defeated by the power of Spirit within him.

Quickened by faith, let us push forward.

Great is thy faith: be it done unto thee even as thou wilt.—*Matt. 15:28.*

Today's Inspiring Word: *I am the temple of the living God, and my body is radiant with His life and health.*

THINK ALWAYS of yourself as the temple of God and you will see yourself as freed from the limitations of the flesh. Think of your body as the body of God, the living vehicle through which God expresses Himself in the manifest world.

As the temple of God, you cannot give any place to sin, disease, or death. There can be no place in God's temple for sin and its fellows. God is the God of the living and His temple is a living temple, one filled with His abundant life.

As the temple of God, you are clean in every part; no impurity can abide in you; you are purified and cleansed by the purifying and cleansing power of God. In Truth, you have never been touched by impurity.

Knowing Truth, you will find that your body will manifest the truth about itself. If you realize that your body is the temple of God and is radiant with His life, you will find that you manifest this mighty truth in the physical. You will discover that Truth has been expressed in you as visible health.

Know ye not that ye are a temple of God, and *that* the Spirit of God dwelleth in you? . . . for the temple of God is holy, and such are ye.—*I Cor. 3:16.*

Today's Inspiring Word: *Conscious of the love of God, I am related to all the good and all the love necessary to a happy life.*

THROUGH realizing the omnipresence of God's love we can fill ourselves and our lives with love and its blessings. God's love replaces all hate and all belief that love can be lacking or can be withheld.

When we are established in God's love, every experience will produce blessings for us. This love assures us of good and happiness at all times. We cannot want for any good thing when we are established in love.

Loving God and the noblest things in life causes us to fill our lives with the expressions of God: life, love, health, and plenty. With God as the standard of our love, we always love wisely and unstintingly. We draw the blessings of love to ourselves. Blessings find their way to the person who is established in love, in God, because God is the great magnetic and expressing power of the universe.

Conscious of love, we are always conscious that we have right at hand whatever good we desire. Love appears as the blessing that we most need for a well-rounded life, a life of happiness.

We know that to them that love God all things work together for good.—*Rom. 8:28.*

Today's Inspiring Word: *In the freedom of Truth, I know that I am free from all restricting and limiting conditions. I set all others free.*

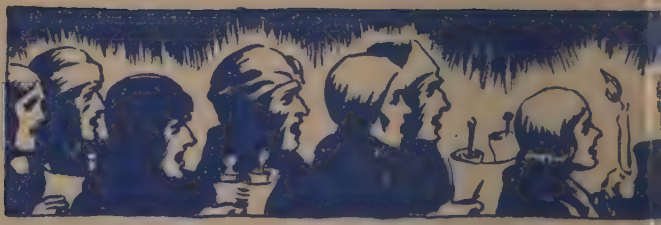
TRUTH SETS us free. When the student of Truth becomes acquainted with Truth he begins to feel much freer in mind and in body.

The mental freedom that Truth gives to us comes through our relaxation of the false, tense beliefs that we have entertained. Worries and fears soon relax their hold upon us because we begin to see the nothingness of them. We see that the things that have caused us fear and worry have no place in the world of reality, the world of God—our world of freedom.

Physical freedom results from mental freedom. The body that has a sense of buoyancy and freedom can give no place to stagnation and disease. The free flowing life of Spirit makes it alive and free.

When we feel freedom we want to share it with others. Those closest to us, those for whom we have felt a measure of responsibility, should first share in this freedom. We help to give them freedom by freeing them from all tendency on our part to hold them to our own personal ideas.

For freedom did Christ set us free.—*Gal. 5:1.*



THE CHANT OF

They walk upon illumined paths.
They chant the song of men made
Now, in the Great Ongoing, ther
For only God as Love exists; to

To them there is no evil nigh, th
To them naught but the good ex
And, in the Great Ongoing, there
For only God as Good exists; of

And so these Sons of Light press o
They sing their song: "God is! I
And in the Great Ongoing, God an
For man with God, the One, exis

THE ON-GOERS

pageantry of light;
ee, they sing of health and might.
an be no note of fear,
n as Love He's near.

chanters of the good;
for God is understood.
e never evil things
n the chanter sings.

nd forward, upward, go;
! I love! I see! I know!"
an are one somehow,
s they exist, here, now.

Today's Inspiring Word: *Because I trust in the power of good, I can stand patiently and see God, the good, at work even now in all my affairs.*

IMPATIENCE shows a lack of trust in divine order and a measure of ignorance of man's true relation to God and the universe. We realize the truth of this statement whenever we take a trustful and patient attitude. When we are patient, knowing our oneness with God and the good of the universe, we instinctively feel that we can see this good coming into manifestation in our affairs.

Knowledge of Truth gives us patience. We know that there is nothing in all the world to justify impatience.

Patience shows that a person is trustful in God. Such a person knows that, regardless of appearances, good will come to pass. He knows that the work of God will be done just at the right time. He knows that help will come just as it should come, at the right moment, and to the right place.

Patience is but an outworking of the stillness and quietness of God within us. Man's higher self, at one with God, causes everything without him to be quiet.

In your self-control [supply] patience.—*II Pet. 1:6.*

Today's Inspiring Word: *Seeing with the eyes of Spirit, I behold all things in their spiritual beauty.*

BEHIND OUR physical eyes are mental and spiritual eyes. These eyes give us spiritual vision. Through them we see the realities in life. Through them we see and understand.

The eyes of Spirit sustain and strengthen our physical eyes. When the spiritual vision is strengthened—when we have a strong realization of our power to see spiritually—we find that our physical eyes manifest strength. They utilize the power of Spirit back of them.

When using your eyes, do not make a strained effort to see. Do not tense the eyes or try to fix them intently upon the thing to which your gaze is directed. Instead, look with the feeling that your eyes are quiet, peaceful, and strong. Know that you have the power to see all things clearly and distinctly without forcing your eyes to see. In this way you will cause spiritual vision to be exercised through your physical eyes.

Learn to look away from the seeming grossness of the world and to see the beauty back of all things. Look always through spiritual eyes at the world about you.

One thing I know, that, whereas I was blind, now I see.—*John 9:25.*

Today's Inspiring Word: *The unchanging, harmonious peace of God rules my thought and my world and I am at peace with myself and with my world.*

PERSONS and things of the external world will not disturb our harmony when we center our thought upon the peace of God within us. Then nothing of the world without us can disturb the harmony of the world within us.

Think of the peace of God as unchangeable, unaffected by the changing conditions of the world. Think of the constancy of God. When you are centered in the perfect peace of Spirit, you are unmoved by events about you.

The peace of God active in your consciousness will put to rest all disturbing thought. The old worries and memories which have been a source of disquiet to you will be transformed through the power of spiritual peace.

Peace gives one power. The person who is poised in the quietness of inner peace has at his command an invincible power. He is mighty to handle any situation. He has power to transform chaos into harmony, to turn confusion into peace.

Joined with the peace of God, you will not be disturbed by any person, thing, or circumstance.

Peace be multiplied unto you.—*Dan. 4:1*

Today's Inspiring Word: *I have power to cast out of my life every adverse or negative influence or situation. In Christ, I am mighty and positive.*

DO NOT tolerate anything in your life which is not true and perfect. There can be no place for the negative or the adverse in the life that is noble and exalted. Knowing that through the power of your higher self—Christ in you—you can adjust and regulate your life, you have power to make your life just what you want it to be.

In the life which is filled with spiritual realization, there can be no place for anything short of Truth and perfection. Man should always realize this and should always strive to cause the beautiful and the harmonious to be expressed in and through him.

The consciousness that is centered upon these mighty truths provides an environment thoroughly harmonious. In such a consciousness we have power to cast out every semblance of evil or limitation and in its place to establish the presence of good. We have power to eradicate sin and evil and to manifest the good as countless blessings.

Behold, I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy.—*Luke 10:19.*

Today's Inspiring Word: *Moment by moment, day by day, I abide in the consciousness of the presence of God, the consciousness of my own power to do all things.*

STUDENTS of Truth give up the idea of observing but one day in seven as a day of reverence. Knowing Truth, they must revere God and must serve Him seven days a week. They must abide in the consciousness of His presence at all times. There can be no lapse in this consciousness.

In the presence of God, man has power to do all things. There are no special seasons or special days when man has more power than at other times. He does not look to the morrow for special favors, neither does he look upon Sunday as a special day on which he is nearer to God. The student of Truth must abide constantly in God's presence, constantly aware of his own ability to do all things.

Let us think of ourselves as always ready to meet any situation because we are constantly abiding in the consciousness through which all difficulties are solved. The work that we do through the week should be exalted. Thus we give the same dignity to our daily work that heretofore we have given to worship on Sundays.

Earnestly serving *God* night and day.—*Acts 26:7.*

Today's Inspiring Word: *I rejoice to abide in prayer, in the inner stillness in which I know my oneness with God and with all the blessings of His universe.*

DO NOT think of prayer as a strained attitude of mind, peculiar to Sunday services. True prayer is a realization of man's oneness with God. The person who has the right understanding of prayer knows that he can turn his attention within at any time and can contact his own indwelling Spirit, the Spirit of understanding and of power.

Prayer should be thought of as the most necessary thing in the world. The reason for its being necessary to us is that it is the channel through which all necessary things come to us. Prayer is the one sure means by which we may bring peace, health, and plenty into our lives.

The person who understands that prayer is a communion with his innermost being has a desire to be in a constant state of prayer. He desires to be always conscious of his indwelling Spirit of mastery.

Through prayer we relate ourselves to God within us. Through prayer we learn the right relationship between all the things in the world.

These all with one accord continued stedfastly in prayer.—*Acts 1:14.*

Today's Inspiring Word: *"As Moses lifted up the serpent in the wilderness," so I lift the Inner Light.*

This statement is the Silent Unity illumination Word to be used from March 20 to April 19.

MAN HAS within him the very light of God, but he must realize this truth. He must exalt his consciousness in order to appreciate this light.

As man comes into a greater understanding of the light that is within him, he feels himself being lifted up. Just as the higher consciousness must always lift up the lower, just as God moves upon the lesser and causes it to become like Him, so must spiritual man lift up his limited understanding of the God light within him until this light shines forth in fullness.

The light of God within man causes him to shine with spiritual radiance. Within man is the light that causes him to be spiritually illumined, to be so illumined with Truth that he will have the solution to all his problems.

There are no questions which man cannot answer when he realizes the truth of his inner spiritual illumination.

For thou wilt light my lamp:
Jehovah my God will lighten my darkness.
—*Psalms 18:28.*

Today's Inspiring Word: *"As Moses lifted up the serpent in the wilderness," so I, the son of man in Christ, am lifted up and healed.*

This statement is the Silent Unity healing word to be used from March 20 to April 19.

THROUGH an understanding of Truth, we find that the thing which to us has seemed debased is often transformed and exalted. That which has seemed nearest to things earthly becomes nearer to things heavenly.

Man has looked upon his body as belonging to the order of things that decay, die, and return to materiality. When he understands Truth, he gives up this material viewpoint and accepts the truth that his body is the temple of the living God.

As man's consciousness is lifted out of weakness and disease, so shall his body be lifted up.

Give up every belief that would tend to limit your body. Think of it as exalted through your understanding of Truth, and as healthy and perfect, now and forever. Behold in it God expressing Himself as your very life and being.

As Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up: that whosoever believeth may in him have eternal life.—*John 3:14, 15.*

Today's Inspiring Word: *"As Moses lifted up the serpent in the wilderness," so I, the son of man in Christ, am lifted up and prospered.*

This statement is the Silent Unity prosperity word to be used from March 20 to April 19.

KNOWING the truth that as son of the Father you have all things, you can lift yourself out of all belief in lack and out of all bondage to limited finances.

Instead of thinking of yourself as a worm of the dust or a beast of burden, see yourself as the son of your heavenly Father. Behold yourself as enjoying now the riches of God. Lift yourself to the consciousness of heavenly riches. Let the consciousness of plenty lift you to participation in plenty.

As the son of man you are activity—substance—made manifest. You are in the world where things appear in manifestation and where you may call into manifestation whatever you desire. All that you desire of the riches of your Father's kingdom is yours to possess and to enjoy.

Then shalt thou prosper, if thou observe to do the statutes and the ordinances which Jehovah charged Moses with concerning Israel.—*I Chron. 22:13.*

Today's Inspiring Word: *Established in the strength of my own indwelling power, I am strong mentally and physically.*

CONSCIOUS of the strength of Spirit within us, we can never be weak or lacking in strength. We have but to turn away from believing in weakness in order to lay hold of the strength of Christ. We need but to rise above the thought that weakness can have any relation to us in order to lay hold of the strength which never diminishes.

The consciousness of divine strength helps us to eradicate every belief in weakness. When we abide in the strength of God, we cannot think of ourselves as being weak. Knowing that inherently we are strong, that we are created in the image and likeness of strength, that our strength is from the very Fountain of strength, we cannot be weak.

Physical strength follows mental strength. When the mind feels the strength of its thoughts, the body soon feels the strength of its muscles. The mental and physical qualities increase in strength as thoughts of weakness are displaced by thoughts of strength. Through man, the strength of God is made manifest.

Jehovah is their strength,
And he is a stronghold of salvation to his anointed.
—*Psalms 28:8.*

Today's Inspiring Word: *The Truth of Christ now revealed to my consciousness frees me from ignorance and superstition and I am led into all Truth.*

LET US think of Truth as something that can be used as a solution to every problem. We should not think of Truth as bearing only upon abstract philosophical and religious questions. The Truth of Christ has its bearing upon every move of your daily life. Your every thought should take Truth into consideration, so that you will think and act wisely and well.

Do you have in mind a question about your business? There is a higher Truth which when understood will correct any confused situation in your business or your finances. Learn to become quiet and to get the deeper revelation of Spirit which will be given to you when you have a decision to make.

Confused thinking comes from a lack of understanding of Truth and of man's relation to it. An understanding of Truth causes man to regulate wisely his thoughts and his whole world.

The Truth of Christ is the higher truth about you: your thoughts, your life, your health and your world.

Ye shall know the truth, and the truth shall make you free.—*John 8:32.*

Today's Inspiring Word: *I am faithful to every trust imposed upon me. I can always be relied upon to do my duty faithfully and well.*

HOW WE appreciate the friend who can be relied upon! How we rejoice to find a person who can be depended upon to do his duty faithfully and well.

Each one in the world has his duty to perform. In the great scheme of life each person has his special work to do. If they understood coöperation, all the persons in the universe would work together harmoniously and efficiently, each one doing his work faithfully and well. Those who have the most insignificant tasks have important places in the great universal scheme, since upon these persons others with more momentous tasks are compelled to depend.

In no sense should you slight a small task. You may find in it the very key to success which you have long been seeking. Possibly Spirit, the spirit of success, has given you the solution to your problem in giving you the seemingly small, or easy, task to perform.

Well done, good and faithful servant: thou hast been faithful over a few things, I will set thee over many things; enter thou into the joy of thy Lord. —*Matt. 25:21.*

Today's Inspiring Word: *I am not bound by any limited beliefs about the past, the future, or any other time. I abide in the timeless, ageless, glorious now.*

GIVE UP all thought about being bound by limited beliefs of the past. Free yourself from any belief that anything done or said in the past can affect your power to go ahead today.

Instead of looking to the future for your blessings, claim them today. Live today and you will find that the blessings of today will literally force themselves upon you.

The belief in time has no place in the consciousness of the student of Truth—the person who is interested in applying the teachings of Christian metaphysics to his daily problems and overcomings. In Truth there is only the eternal now. There is only the present moment in reality.

Now is the time to be healthy and happy, the time to know your real self as the son of God, the time to live in heaven here and now. Now is the only time that you will ever have, for there is no time but the time of the present moment.

Rejoice to live in the now.

Behold, now is the acceptable time; behold, now is the day of salvation.—*II Cor. 6:2.*

Today's Inspiring Word: *The law of God, the principle of good, supersedes and replaces every belief that there is a law of evil, disease, or lack operating in my consciousness or my affairs.*

A PERSON should not make adverse laws for himself or feel that, for any reason, he is subject to adverse laws. Many persons suffer unhappiness because of the belief that they are subject to a negative law. There are persons who go through life under the cloud of a belief that, because of so-called laws of heredity, they are bound to ill health. Through an understanding of Truth these persons can free themselves from belief in the unreal, adverse law and lay hold of the perfect law of Spirit and of health.

According to Truth, there can be no laws of adversity and disease, since the law of God is not back of these to sustain them. Only God, the good, is law and only that which is good has a law by which to operate.

God, divine principle, should be taken as the law of a person's life if that person hopes to demonstrate the life and health of God. This law operates to the exclusion of every negative law.

For we know that the law is spiritual.—*Rom. 7:14.*

Today's Inspiring Word: *I keep my vision centered upon that which is high and noble, and I bring into my life that which is truly exalting.*

THROUGH the power of vision we behold either the desirable or the undesirable, the good or the evil, the debasing or the exalting. The spiritual vision that we have is our means for looking toward the hills of heaven, the spiritual heights.

The evils of the world that a person sees become a part of his life because he places upon them the stamp of reality. If he beholds evil or disease as something which has existence in the universe, he makes himself subject to one or both.

With spiritual vision we penetrate the appearance of evil and limitation and, in their stead, behold the Truth of God as manifest. We see good, health, and plenty. We see the eternal verities of God, those that have true existence.

The person of noble character is one whose vision is centered upon noble things. By beholding that which is exalting, he becomes like unto it. He becomes as noble as the object of his vision.

Make this man to understand the vision.—*Dan. 8:16.*

THURSDAY, MARCH 28

Today's Inspiring Word: *I am not separated from God, from my good, or from my friends. I recognize universal unity, my oneness with my good.*

IN TRUTH there are no separations. Man is always joined to that which is for his highest good. However, this truth must be understood in order that good may manifest for us. That which is true in the absolute must be known and applied.

God is at the very center of our being. Knowing this truth we are forever unified with Him. We are in constant relationship with Him. We do not look for Him in some distant place. He dwells at the very heart of our being and is inseparably unified with us.

Knowing the truth of our oneness with God, we are united with all the good in the universe. We are one with God and with all that is like Him. We cannot lack any good thing. Our good is forever present and is with us wherever we may be.

The friends that we need in human experience cannot be separated from us or lost. God, the good, in them joins them to us in the bonds of spiritual unity and universal love.

Behold, how good and how pleasant it is
For brethren to dwell together in unity!
—*Psalms 133:1.*

FRIDAY, MARCH 29

Today's Inspiring Word: *I give no power to things of the world that are without me. I am established in the omnipotent power of God within me, my own indwelling power.*

TO GIVE power to things of the external world is to realize that there is power other than the power of God within you. Contagions and panics in the world can have no effect upon your health and your finances if you cease to think of these things as having reality and power. Center your thought upon God, the presence of power within you.

Do not give other persons power over you by believing that any person can dominate you or subjugate you to himself. In Truth man does not have power over you. You are governed solely by God. His Spirit rules and governs you.

The power of God within you is the source and the total of all power. The so-called power of the world is but a counterfeit of the power of God.

Remember that health is a power because it erases disease; prosperity is powerful because it wipes out every evidence of poverty; love is powerful because fear and hate must vanish before it.

Ye shall receive power, when the Holy Spirit is come upon you.—*Acts 1:8.*

Today's Inspiring Word: *I am created in the image and after the likeness of God, my Father, and His perfection is now manifest in me, His son.*

WE SHALL not think of ourselves as fashioned after weakness or disease, as created under laws of fleshly heredity, as bound to limitation in any wise, when we know the truth that we are created in the image of our heavenly Father.

Do not think of yourself as looking like that which is weakened or diseased. See yourself as created like your Father. Claim your relationship to Him. You belong to the glorious company of heaven, the fellowship made up of those who know themselves as the sons of God.

In the image and after the likeness of God you were created in the beginning. The same divine likeness implanted in you in the beginning has never changed. Throughout eternity this divine image and likeness implanted within you will endure. You may think of yourself as diseased or as limited to woes of the flesh, but Truth will never change.

Know that you are the son of God, like unto Him, now manifesting His divine goodness and perfection.

God said, Let us make man in our image, after our likeness.—*Gen. 1:26.*

Today's Inspiring Word: *The life of Christ in me overcomes all belief in disease and death, and I am alive forevermore with eternal life.*

IN THE consciousness of life man has power to live indefinitely. Only through a lapse in this consciousness does he make the separation which causes death, the separation between Spirit, soul, and body.

The power that lifted Jesus from the tomb is the same power within man that is mighty to lift him above every limiting belief, regardless of its nature. The power of God is always at work lifting man up, exalting him above worldly beliefs.

Through the exalting power of God within us, we are lifted above every thing of the world which seems to bind us to itself. We are exalted through the very consciousness of freedom and of power.

God in us is mighty to resurrect us out of all negation and to regenerate us through new life and strength.

But if the Spirit of him that raised up Jesus from the dead dwelleth in you, he that raised up Christ Jesus from the dead shall give life also to your mortal bodies through his Spirit that dwelleth in you.—*Rom. 8:11.*

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"HOW TO GIVE ANOTHER A HEALING TREATMENT"

"FINDING ONE'S PLACE"

"KEEP LOOKING UP"

A New Double-Page Poem:
"SINGING IN THE RAIN"

The Daily Lessons in the April Number Are Written in the First Person.

UNITY DAILY WORD

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Revealing to You
Your Health, Prosperity, *and* Happiness

April, 1929

"I Know Something Good about You"

"Keep Looking Up"

"Finding Your Place"

"Singing in the Rain"

"How to Give Another a Healing Treatment"

A Page of Inspiration for Each Day

NSE

SILENT UNITY CLASS WORDS

March 20 to April 19

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"As Moses lifted up the serpent in the wilderness," so I, the son of man in Christ, am lifted up and healed.

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F. B. WHITNEY, *Editor.*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy, Kansas City, Mo.

WHERE IS HEAVEN?

Why look for heaven when heaven is here
In every lover's radiant face,
In every maiden's winsome grace;
In every baby's smile or tear
That calls a tender mother near;
In every heart that kindness knows,
In every gift a friend bestows,
In every man in whom you find
A loving heart, an honest mind;
In every field or woodland bower
Where trills a song or dwells a flower—
Why look for heaven when heaven is here?

—*Jamshyd; Kansas City Journal-Post.*

I KNOW SOMETHING GOOD ABOUT YOU

Wouldn't this old world be better
  If the folks we meet would say,
"I know something good about you!"
  And then treat us just that way?

Wouldn't it be fine and dandy,
  If each handclasp warm and true
Carried with it this assurance,
  "I know something good about you!"?

Wouldn't life be lots more happy,
  If the good that's in us all
Were the only thing about us
  That folks bothered to recall?

Wouldn't life be lots more happy,
  If we praised the good we see?—
For there's such a lot of goodness
  In the worst of you and me.

Wouldn't it be nice to practice
  That fine way of thinking, too?—
You know something good about me!
  I know something good about you!

—*Selected.*

KEEP LOOKING UP

SOME TIME ago I saw this thought expressed: "If the outlook is not bright, try the uplook. Set things right." There seemed to be such good metaphysics in the epigram that the truth of it has stayed with me all this time.

When the outlook is not bright, we may know that we have been looking *out* too much, giving ourselves too much to external appearances. Possibly, we are discouraged and looking down, looking to things earthly, looking away from heaven. The solution lies in looking in, not out; in looking up, not down.

Looking in, we face the Christ in ourselves. We look to the higher self in us which is always bright and shining. If things of the external do not appear to be bright, we have but to turn to this inner brightness, the light of Spirit, in order to see darkness dispelled and light flooding us and all our affairs.

Looking up, we direct our vision away from the limited beliefs of the world. We no longer see ourselves or our affairs according to the limited viewpoint of the world. We free ourselves from the opinion of the world that we cannot do this or cannot do that.

Looking up, we lift our eyes to the hills. We behold ourselves and our affairs as we exist in Truth, in perfection, in God. We see worry and care in their native nothingness. We behold the thing which seemed to stand like a mountain before us become as transparent as the very air. We see disease and lack

not as things, but as absences of life and plenty. We see the health and the abundance of God filling us to completion.

After we have learned the secret of looking up, something within us seems to say, "Keep looking up." Our eyes may droop for a second but this inspiring voice says: "Lift your vision. Keep looking up."

How's the outlook today, Friend? Not so good? Have you been looking down and looking out again? Have you been indulging in looking earthward? Have you tried looking in and looking up? Have you tried looking heavenward? "Keep looking up."

In heaven, right here and now, lie your peace, happiness, health, and prosperity. Look into heaven and behold yourself in possession of the joy and strength and plenty that you desire. "Keep looking up."

Do you know that many persons lack happiness, health, and plenty because their outlook is not what it should be? Do you not recall that at the time when you felt most bound to the power of persons and things of the external world you were least conscious of your strength and happiness? Do you remember that, when you looked away from outer things, you increased in the power of your own might, the might of God within you?

The man of strong character, he who lives a successful life, cannot feel overpowered by things, persons, or conditions of the world. The illusions, claims, and limitations of the

world do not charm him away from the consciousness of his own greatness as the son of God.

His vision cannot be directed to limited beliefs of the world, because he beholds the ideals of heaven. He knows that there is power in the Christ man within him. He knows the power of looking up!

When you look up, you disregard the appearances of limitation. These cannot exist in your world if you discountenance them. Remember that the Spirit of God in you is "of purer eyes than to behold evil." The eyes of your spiritual vision have power to look through the things that the world calls evil and powerful and to behold reality and the presence of your most needed blessings in place of them.

As you look heavenward you will behold the dissolution of all worldly beliefs and claims. "Seeing that these things are thus all to be dissolved, what manner of persons ought ye to be in *all* holy living and godliness?" All your cares and fears will be lifted from your mind. A new peace will fill your mind and your body. You will behold yourself as you exist in God—whole and perfect. So, "keep looking up"!

Only by looking upward can you receive the light of heaven. Your upward gaze will cause your whole being to become flooded with the glory and sunshine of heaven. Happiness and optimism will fill your mind and your soul.

Healing and strength will manifest in your body.

Have you grasped the simple philosophy of the upward vision? Does not the very act of looking up fill you with renewed hope? Are you not in a better position to see your deliverance from limitation when your eyes are lifted up? Can you not look the world in the eye and know that "greater is he that is in you than he that is in the world"?

Go forth today true to this teaching of the uplifted vision. Let your eyes no longer be cast down. Let your gaze not be upon the matter of the world but upon the substance of Spirit. Look not to limitations and disappointments but to the perfect working of Spirit.

"But," you say, "it looks as if——." What "looks as if——"? Is there something else in your world besides you and God? "It" will look as you look at it. Your part is to look away from the "its" in life and to keep your eyes on Truth. If "it" looks dark, remember to try the uplook. "Keep looking up."

With your eyes centered upon the truth of your inner being, you will find that nothing in all this world can rise up against you or defeat you. You will find that you can turn away from the appearance of disease and failure and, in their stead, behold the heavenly vision of health and success. You can see through the seeming and behold the truth, the truth of your oneness with God.

"Keep looking up."

HOW TO GIVE ANOTHER A HEALING TREATMENT

THE PROCESS of giving another a healing treatment is very much like that of giving treatments to ourselves. When we give ourselves metaphysical treatments we enter into that high consciousness in which we know that disease or weakness can have no place. From this high consciousness we get the realization that in Truth, in the presence of God, we are perfect and whole. The truth of Christ sets us free from all belief in disease and we manifest this saving truth in the physical.

During the treatment we take up the adverse belief that has been causing trouble and neutralize it through a consciousness of Truth. In the case of colds, we would deny the race belief in colds, affirming that all stagnation and congestion in the body are now relieved; we would affirm that the purifying, renewing, strengthening life of Christ within us restores us to health and perfection. From this affirmation, which in its early stages may be more or less a psychological process, we emerge into a spiritual consciousness wherein we know the truth and perceive our healing taking place.

In giving another person a mental treatment, it is well to have his coöperation if he is willing to coöperate and if he has some understanding of Truth. While he seeks to practice the stillness of the silence as best he knows how, the healer declares the healing Truth and asks the patient to join him in the realization.

The mystical side of the treatment is always of interest to the healer because when he contacts the mystical presence of the healing Christ he knows that the healing is done. Until the healer reaches this consciousness with his patient the treatment has not done its perfect work.

The healer may go to work in some such way as this, varying the process, of course, according to situations and conditions: He may give the patient a denial for colds to be followed with a strong affirmation of this kind: "I erase from my mind all belief in colds. I deny that stagnation or congestion can have any place in my body. . . . My body is the temple of the living God and His presence fills me with His purifying, regenerating life and health."

For his own use the healer, of course, changes the treatment in this way: "You erase . . . you deny . . . your body . . ." and so on. The healer disciplined in healing experiences soon finds that thus he rises out of the mental realm into the high, spiritual realm in which healing is accomplished. He senses the presence of Christ just as if He were physically visible and manifest. He senses the patient and himself wrapped in a presence of power and healing. He feels the presence of the Great Physician.

Sometimes, during a treatment, if the healer is well trained and is consecrated to his work, he may feel a presence like glorious sunshine flooding the whole room. Oftentimes a healer

may even see the presence of Christ. Of course. when a treatment reaches this point, recovery is speedy, often instantaneous.

Success in treatment comes through practice and consecration. The actual technique could not exactly be taught or explained to one. After a few attempts to handle ordinary cases, the healer finds that he can get the realization of healing more easily.

In the case of accidents, where quick work is necessary, the healer must not allow himself to become impatient. He must especially guard himself from fear and from the influence of appearances. He must train himself to look right through conditions as they appear and to behold the healing Christ at work.

In giving another a healing treatment, several things are necessary:

Remember to have the patient coöperate with you, if possible.

Try to sense the cause of the disease and deny this from consciousness. The cause may not be just what the patient tells you it is.

Let Spirit within you reveal just what the treatment should be.

Keep your own mind free from doubt or fear.

Go into the stillness of the silence in which healing will come forth.

Rest in the consciousness that Christ is right at hand and remain in this consciousness until the light breaks forth or until you have the consciousness of healing.

FINDING YOUR PLACE

OD CREATED a perfect world in which every human being has a definite place and a definite part in the great universal plan. Can you imagine such a thing as the creation of a perfect world and that world peopled with persons without anything to do, persons without positions, persons without any means of serving others or of helping in the great world of affairs? We readily see that in the great scheme of life each one must have a definite place.

To understand the true state of affairs, we need to look, for a moment, at the cause back of the belief that man can be without a place, without a position, without happiness. As students of metaphysics, we know that any confusion of this kind comes from failure to know the truth of life. In this truth man perceives his place in the world and his relation to all life. If he has not found his place, this state of affairs has come about through his ignorance of Truth or his failure to apply Truth.

When a person comes into the manifest world he comes because he has been drawn into it by an impelling need. Think of the condition that is set up if he becomes indolent, restless, rebellious toward the world; if he thinks that it owes him a living, and if he is looking forward to getting out of it! He is working at cross purposes as regards the great universal plan and, consequently, finds himself in a state of unhappiness and lack. He has not found his place or else refuses to take it.

Taking possession of one's place in the world is often a matter of development. Many persons look at some place or position that they covet but do not develop the consciousness or take the steps necessary to attain it. One's position in the great universal scheme is something that must be attained through development. There are often many steps on the way, some of them appearing quite difficult at times. A person may be assured that at every step on the way he is, also, in a place just fitted for him. He can only take a higher step when he outgrows the present position and is fitted for the higher one.

Until a person finds the place wherein he is to do his best work, he will be discontented: life will not have been interpreted to him in its true meaning. When he finds his right place, he will realize that he is truly serving God in a way which he had not thought possible.

Wherever you find yourself today is the place that you have made for yourself and the one in which you can gain the biggest lesson at the present time.

Just remember that the next best step for you is now being revealed to you. Never think of yourself as without a position or as looking vainly for work. Your rightful place cannot be hidden from you.

If you develop a consciousness of Truth—of prosperity and success—you will find that each change in consciousness brings you into a world that is more expanding to your useful-

ness. Expect better things in life and better things will come to you, but learn to expect them as a natural expression of your consciousness and your appreciation of them.

If you feel that your work is insignificant or that your place in life is not worth while, deny all such belief from mind. Never think of yourself as doing menial work. You are where you are in order to gain experience and you should not mind the environment and the circumstances that are to bring you greater happiness, prosperity, and success. Learn your lesson where you are and the Great Teacher will advance you.

You will find your rightful place in the world when you give up all belief that it is hidden from you or that you are unworthy of it.

Discouragement and despair are the enemies of progress, so you must be happy and joyful in order to move forward and upward. Your heart must sing the song which will vibrate to the success now coming to you. Above all, rejoice over the success of those about you, never letting envy or jealousy enter your mind. To rejoice over another's success helps you to build up the consciousness of success. Your place in the world cannot be taken by another, so you must never think of another as taking that which belongs to you.

Success is now seeking you and will find you when your consciousness of success is strong enough to draw success to you.

WHO AM I?

Who am I who watch *in my dreams*
The figures that come and go?
Who am I who watch *in the world*
The scenes of a phantom show?
    The scenes that I see
    Are no part of me
And yet they are wholly mine!
    For I am free—in fantasy—
The artist—to combine:
And the life that I live is the picture I give;
The message I bring to you!
God grant it has come from the crystal spring
Of the Fount that is pure and true.

We cannot father or create.
We can but recombine—
And from the raw material
Bring forth the forms, divine:
And as we think the thoughts of God,
Unveiling His great plan,
Man's evolution 'bodies forth'
The gifts of God to man.

But he who lingers in man's world
Sees only half of things,
The misery, the evil side
Of man's imaginings;
Divorced from God's primeval thought
Which ever *thinks to bless,*
For evil is the lower strand
Of man's dim consciousness.
—*Margaret C. Lambert; The Nazarene.*

My All-Powerful Word for Today: *Disregarding the appearance of evil and limitation, I behold the perfection of all things in Truth.*

WITH MY eyes centered upon Truth, I disregard falsehood. I have power to look through the seeming and the unreal and to behold things as they exist in reality. I can see beyond appearances and perceive the perfection and beauty of things as they are in the great truth back of all manifestation.

In place of disease—the absence of health—I behold the truth of health and perfection. I give up all belief in disease in order to realize the truth about health. I give up my limited personal viewpoints in order to see all things according to absolute Truth.

I can look through the mist and fog of materiality and see the glorious presence of reality. Back of all appearance of limitation I behold the presence of God.

Disregarding every belief in failure, I behold the perfection of my highest ideal.

Through keeping my vision upon the highest and the best I draw near to it and it becomes my own. I find myself in possession of that which I have beheld as mine in Spirit.

Eyes that disregard the rain see the rainbow.
—*Unity calendar for April.*

My All-Powerful Word for Today: *I erase from consciousness every belief which would make me moody or unhappy. Through the consciousness of joy I am radiant with joy.*

IVING UP every belief based on hate, fear, selfishness, personality, or disease I enter into that high consciousness in which there is no unhappiness. I enter the consciousness in which joy reigns supreme.

I realize that lack of joy comes from a lack of the joy consciousness. Therefore I deny that any belief which destroys joy can have a place in my mind. I know that my joy comes not from the state of external affairs but from the joy within my consciousness.

In the presence of Christ, within and about me, there is abundant joy. There is nothing else but joy in the high consciousness in which only God and Truth exist.

I am eternally alive in the joy of Christ. I am radiant with the joy that issues forth from my higher self at the very center of my being.

I am eternally conscious of my inseparable union with the very fountain of joy now bubbling up within me.

In thy presence is fulness of joy;
In thy right hand there are pleasures for evermore.
—*Psalms 16:11.*

My All-Powerful Word for Today: *I am not anxious or worried about myself, my affairs, my loved ones, or my future. I know that all is well.*

ABIDING in the consciousness that all things are now working for my highest good, I have no thought of worry or anxiety. I abide in the consciousness in which I realize that there is nothing about which to worry. I abide in the high consciousness in which I behold myself, my affairs, and my loved ones as we exist in Truth. I see all things as moving forward to success.

I know that all is well. In the consciousness in which I know Truth I see all things properly adjusted and all conditions harmoniously related. I see myself in harmonious relation with my fellows and with all the universe.

Freeing myself from anxious thought, I begin to live life anew. I enter into a new world in which there is no worry or anxiety. I am mentally free from all troubled thought. My mind is at peace.

I know that "underneath are the everlasting arms." I am borne up in every test until I rise to the consciousness that in my life there are no tests, no hard experiences, no anxieties.

Cast thy burden upon Jehovah, and he will sustain thee.—*Psalms 55:22.*

My All-Powerful Word for Today: *In the new consciousness in which I see all things in a new light, I emerge into a new world.*

I REALIZE that in Truth there is no place for obsolete and useless beliefs. Therefore I clear from mind all beliefs of this kind in order to make room for new and virile ideas. I give up every old belief that would bind me to crystallized conditions. I am open to new ideas and receptive to constructive beliefs.

I see all things in a new light. I see myself, my associates, my home, my business, and my world freed from every limiting belief. I enter a new world in which there are no unpleasant memories of the past, no bondage to obsolete beliefs and practices. I emerge into a world of newness, joy, and love.

I see my environment cleared of all conditions causing unhappiness because in the new consciousness of Truth, the new consciousness of life, there is only the environment of love.

In the new consciousness I go forth seeing all persons and all things according to Truth. I see them renewed in every way. I see them freed from all crystallizing and aging conditions. I behold them permeated by the eternal newness of Spirit.

He dedicated for us, a new and living way. —*Heb. 10:20.*

My All-Powerful Word for Today: *From every experience that comes to me I extract a blessing. God's blessings—my blessings—are on every hand.*

I REFUSE to look upon any situation as one that can bring adversity into my life. I know that I have power through my high consciousness to draw good from the most insignificant experience. I know that experiences which seem forbidding must yield to me the good that is back of them. No good thing can escape me.

On every hand I find the blessings of God. I am blessed with many things for which I am thankful. Through counting my blessings, I cause them to increase. Through realizing that in Truth I am blessed with health, I know that in reality health is mine. Through giving thanks for plenty, I know that I am blessed with abundance and prosperity.

I go forth this day drawing blessings to me. I am blessed with opportunity because the divine urge within me urges me to a fuller expression of my capacities. The divine in me seeks to express itself through me and draws to me opportunities for this expression.

I realize that I possess all that a son of God should possess.

Destroy it not, for a blessing is in it.—*Isaiah 65:8.*

My All-Powerful Word for Today: *There is nothing for me to fear in all this world. I go forth this day unafraid and courageous.*

NO LONGER do I fear persons or external things. I erase all belief in fear from my mind. I am no longer conscious of such a thing as fear. I do not react to situations with any feeling of fear.

Knowing the might of Christ, my divine self, the invincible power within me, I go forth this day fearless and courageous. Christ at the center of my being gives me sufficient courage to meet any situation. No situation can appear in my life that I cannot master. No circumstance can cause me to be afraid of it or of its outcome.

I am courageous with the courage of ten thousand. I am courageous because courage is now seeking to express itself in me and to make me strong and fearless. In this consciousness, fearlessness fills me through and through.

Casting out fearful thoughts I think thoughts of courage. I am so inspired with courage that I cause those about me to rise out of their fearfulness and to manifest infinite courage. I know that when I am courageous I but express the courage of Christ.

God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.—*II Tim. 1:7 (K. J.).*

My All-Powerful Word for Today: *I am always ready and prepared to meet any situation. I am always ready to meet any demand and to master any circumstance.*

I KNOW how to handle all situations. I have intelligence upon every subject that I need to know. There can be no situation in my life that is too much for me to handle. There can be no problem which I cannot solve. Every circumstance in my life is accompanied by its solution.

I am always ready and prepared for any duties. Through the mind of Christ within me, my thoughts are always orderly. Upon every situation I bring to bear the wisdom, orderliness, and good judgment of Spirit.

The consciousness of my true relation to the world about me makes me master over that world and all its affairs. Through Christ within me I can go forth each day knowing that I can meet every demand that may be made upon me.

I am ready for any emergency because I am armed with Truth, and I can apply it at all times knowing that Truth will prevail under all circumstances. In this consciousness I make preparedness my keynote.

Then I said, Here am I; send me.—*Isa. 6:8.*

My All-Powerful Word for Today: *There is no belief in injustice in my mind. I do not deal unjustly with others, neither do they deal unjustly with me. The justice of God reigns supreme in my world.*

IN TRUTH injustice can have no place. In reality unjustice does not exist, since in God's world only justice can reign. I now enter the consciousness in which justice reigns supreme in my world.

I do not deal unjustly with others because all injustice is ruled out of my consciousness. The old argument regarding injustice and its retribution does not appeal to me. I do not accept any standard lower than the high standard of Truth.

Established in perfect justice I know that I cannot attract any unjust situations to me. I know that no person has power to deal unjustly with me, since I am established in that consciousness in which only God, the just, has power.

In the world in which I live only justice can hold sway. God, the divine Judge, rules over all that I do. He rules over those who deal with me. He rules over our affairs. He decides all things wisely and justly.

What doth Jehovah require of thee, but to do justly, and to love kindness, and to walk humbly with thy God?—*Micah 6:8.*

My All-Powerful Word for Today: *I do not think of my body as weak or diseased. I know that it is the temple of Christ, the ideal and perfect man.*

I DENY that my body can be limited by the limited race beliefs about the body. I free it from all thought of being weakened, diseased, sinful, or of being something of which I should be ashamed. I deny that it is under physical law or under laws of matter.

I know that my body is spiritual because it is the temple of the living Christ. I know that the physical is now being transmuted and transformed into the spiritual. I know that all particles of matter are now changing into that divine substance which they are in Truth. I realize that through my spiritual consciousness I come into the realization that I am Spirit, the son of God, and that my body is spiritual, God's holy temple.

The presence of Christ fills my temple with life, health, and strength. His presence causes my body to become like unto Him in every respect. His presence of life and love causes these to be manifest in my body as healing life and love.

Christ, my ideal of perfect man, now appears in my body.

He spake of the temple of his body.—*John 2:21.*

My All-Powerful Word for Today: *I am unfettered and unbound. I am free Spirit.*

I FREE myself from all belief that I am bound or limited in any wise. I am not bound by persons or by things. I am not in bondage to unpleasant memories of the past.

I am not bound by bad habits. The habits of the past in no wise influence my deeds of today. I am not a victim of habit because I am in perfect control of all that I think or do.

I am not bound by the belief that disease has power over me. I am free from all belief that disease can have power over me or have presence in my mind or body.

I am not bound by the belief that lack can have a place in my affairs. Only prosperity can have a place in my affairs. I am free in the consciousness that prosperity is my divine birthright.

I am free. Praise God, I am free! I go forth each morning in the consciousness that there are no heavy thoughts to depress me; there is no sense of burden. I am free from all worry and anxiety. I am free from all indecision. I know the truth about all the things in my life, and I see all things in their right relation. I am free.

Ye, brethren, were called for freedom.—*Gal. 5:13.*

Singing in T

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Their life is quite impersonal, this life of tree
The weather never makes them cross, howe'e
I wonder if impersonal life, and not the patte
Can make the trees so very strong, the lovely

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Perhaps, if we'll sing through the rain, we'll
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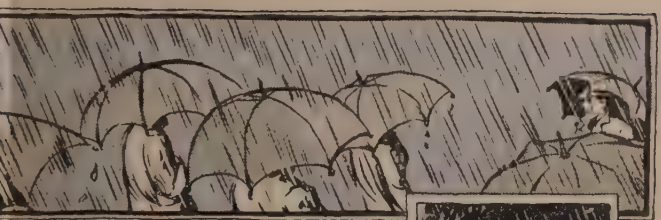
We'll find the very thing we need, while sin



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My All-Powerful Word for Today: *Trusting in the power of good to prevail at all times, I am patient.*

I AM willing to put all personal anxiety aside and confidently to trust in the power of God. I am willing to give up all feeling of unrest in order to rest patiently in the consciousness that all things are now working for good.

My patience in small matters helps me to develop patience. I have sufficient patience to handle any situation. Through trusting in the Spirit of Christ I am patient at all times.

I am patient about my own overcoming and development. I know that each day finds me with a clearer realization of Truth and more ability to demonstrate and apply the principles of Truth.

I am patient with other persons. I am willing to let each person work out his own problems in his own way. The shortcomings of others do not worry me.

I do not try to hasten the work of Spirit. I know that the good now set into operation is increasing and multiplying. I know that all things are now working together to bring me great good. I see the work of Spirit now in operation.

Let patience have *its* perfect work, that ye may be perfect and entire.—*Jas. 1:4.*

My All-Powerful Word for Today: *I do not believe in limited or impaired vision. My eyes are perfect and through them I behold all things in perfection.*

I DO NOT think of my eyes as weak or tired. I do not attach to them any belief in nearsightedness or farsightedness. I do not strain the muscles and nerves of my eyes.

My eyes are spiritual and they are perfect. I know that they see all things clearly and distinctly. I know that I can see without effort or strain. I see through perfect, spiritual eyes —the eyes created perfect for me by my heavenly Father.

The life and the strength of Spirit are the life and the strength of my eyes. My eyes are strong because back of them is infinite strength.

Through my consciousness of Truth I see all things as they exist in Spirit. I see all persons, all things, and all conditions in the light of Truth. I see all of these freed from the fog of materiality. I behold the perfection of all things through my consciousness of Truth and my spiritual vision.

My eyes are cleared of all mist of materiality because they are spiritual. I look upon God's perfect world and I see it as God sees it.

Blessed are your eyes, for they see.—*Matt. 13:16.*

My All-Powerful Word for Today: *All disorder and confusion in my life give way to perfect order and peace. I am peaceful and harmonious.*

ERASE from my consciousness every belief that would cause inharmony in my mind, my body, or my affairs. I cease thinking of any personal affair of the past that would cause me to be combative and antagonistic toward other persons.

The prevalence of peace in my consciousness eradicates all disorder, confusion, and inharmony. All disorder is restored to order; all inharmony is transformed to peace. In my world there is naught but peace. In Truth, there is only God's world of peace and harmony. I live in this world, now.

Perfect peace causes all my thoughts to be peaceful. I am peaceful toward all persons, all things, and all conditions. I am harmonious at all times. Nothing in all this world can destroy the peace and harmony of Christ within me.

Infinite peace fills my mind and body and I am at peace. My mind is free and easy, cleared of every offending belief. My body rests in perfect peace, because it is pervaded by the peace of the presence of Christ.

Peace, peace, to him that is far off and to him that is near, saith Jehovah; and I will heal him. —*Isa. 57:19.*

My All-Powerful Word for Today: *I am always kind and gracious in my relations with others. Christ in me is gracious to Christ in them.*

KNOWING THE truth that Christ is in me, I am kind and gracious at all times. Through me Christ expresses kindliness and grace. I am unselfish, polite, and gentle in all my dealings with others.

The Christ in others rejoices the Christ in me. Those about me are always considerate of me and kind to me. I am always kind and gracious to them. I realize that in all this world there is no place for anything but kindness. There is no room for unkindness in this world, this beautiful world of love and truth.

Being kind and gracious I have the privilege of going to all places and spreading the silent message of kindness and love. I do my part to make the world vibrant with love and kindness.

In all my dealings with others, I am considerate of their wishes, their feelings, and their highest good. I am willing at all times to be kind, gentle, and considerate.

Through kindness toward others we see more and more of heaven coming into manifestation here and now.

Jehovah your God is gracious and merciful. —*II Chr. 30:9.*

My All-Powerful Word for Today: *The truth of Christ, the truth of my life, is my standard. I think the truth, speak the truth, and live it.*

THE TRUTH of Christ is the standard of my thinking. I think according to the thoughts founded upon the eternal truth of being. My philosophy is the philosophy of Christ, the philosophy of Truth, the philosophy of life.

Thinking the truth I clear from my consciousness all that is untrue. I give up every falsehood that I have accepted as true. I know that things are not true according to appearances or worldly standards but according to their relation to the eternal facts of being.

The truth about health purifies my mind of all belief in disease. The truth about the omnipotence of God as health removes from my consciousness all belief that such a thing as disease can have any place or power in my life. The truth of Christ, my Savior, frees and saves me from the race belief that I, a son of God, can have any relation to the falsehood called disease.

The truth about love frees me from the falsehoods known as hate and fear.

How many times shall I adjure thee that thou speak unto me nothing but the truth in the name of Jehovah?—*I Kings 22:16.*

My All-Powerful Word for Today: *My every belief in evil vanishes before the presence of God, the good, in my consciousness. Only God, the good, is true.*

GIVE up all belief that evil, limitation, or adversity in any form can have reality, being, existence, presence, or power in my consciousness or in my life. I deny that anything unlike or opposed to God, the good and the true, can have place in me or in my affairs. I no longer think of evil or evil conditions as having any power over me or as existing in my world.

God, the good, is the standard of my life. That which does not meet the measure of this standard drops away from me. In rising to the consciousness of the good and true, I rise out of the consciousness of the evil and false.

Knowing the truth I cannot give any power to the belief in evil. I recognize evil simply as that nonexistence which may be supposed to be an opposite to God, the good. I know that God is all in all and that there is no power to oppose Him.

In God's perfect world—my world—there is no place for evil. In God there can be no limitation or adversity. My world is filled with the presence of God.

The evil bow down before the good.—*Prov. 14:19.*

My All-Powerful Word for Today: *All the affairs of my life are adjusted, regulated, and governed by the Spirit of order and perfect government.*

THROUGH the adjusting power of Spirit within me all my affairs are perfectly adjusted. All confused conditions coming under the government of the spirit of perfect order are now adjusted according to the divine plan.

The spirit of order regulates every situation in my life and all things are brought into perfect balance. The perfect order of heaven is now manifested in my world. All disorder is now transformed to perfect order through the regulating power of divine order.

I am governed in all ways by the governing power of Christ. He is within me and within all that I do.

Keeping my consciousness in tune with spiritual consciousness, keeping my thoughts in line with spiritual thoughts, I maintain perfect order in all my world. My thoughts, words, and acts are brought into the perfect order of Christ.

The perfect government of Christ is now manifest in all my undertakings and all conditions are regulated according to His will.

The government shall be upon his shoulder. —*Isaiah 9:6.*

My All-Powerful Word for Today: *The comforting presence of Christ within and about me uplifts, sustains, and cheers me.*

I AM never alone or without comfort. I cannot be apart from the presence of Christ. He is always within me, always with me. His presence is around me and I abide in His comfort.

Consciousness of Christ uplifts and sustains me. Knowledge of His Truth lifts me above all sense of depression and I am sustained in the realization that there is nothing in all this world to make me downcast. I am lifted up by the knowledge that I am eternally exalted in Christ.

The comforting presence of Christ always speaks a word to me in season. Every negative and adverse thought is eradicated from my consciousness through the action of Christ's comforting words.

Wherever I go there is the comforting presence of Christ. Whenever I need Him, He is at hand. At all times and in all places He is ready to lift me up and to cheer me.

I rejoice to know that every depressing thought is now cast out and I am awakened to the cheerfulness of the divine presence. I rejoice with the joy of Spirit.

In the multitude of my thoughts within me
Thy comforts delight my soul.

—*Psalms 94:19.*

My All-Powerful Word for Today: *I have faith in the Inner Light, and I obey its leading in all that I do.*

This statement is the Silent Unity illumination word to be used from April 20 to May 19.

WITH FAITH in the inner light, I cannot be ignorant or unillumined. I cannot be undecided about what I should do. I no longer lack intelligence or wisdom.

I have faith in the light of Christ within me, the light of my higher self. I have faith in the power of Spirit within me to illumine my consciousness, to cast out every darkened belief, and to establish the truth of God.

The light of Truth now breaking forth in my consciousness causes me to see all things in right relationship. I see myself as I exist in Truth. Beholding myself in the light of Spirit, I see myself perfect, whole, and prosperous. I see all things in my environment as they exist in the eternal truth of God.

Obeying the leading of this inner light, I always do the right thing. I am always led into that which is for my highest good. Through following the inner voice I am guided into that which my Father would have me do.

For thou art my lamp, O Jehovah;
And Jehovah will lighten my darkness.
—*II Sam. 22:29.*

My All-Powerful Word for Today: *I have faith in the healing power of the Lord Jesus Christ now manifest in me.*

This statement is the Silent Unity healing word to be used from April 20 to May 19.

FAITH IN the healing power of Christ removes from my consciousness all doubt and disbelief. I no longer doubt that I have power through Christ to become purified, strengthened, and restored to perfect health. In me, all disbelief gives way to faith and I have faith in Christ.

I have faith in the healing life that was implanted within me at the beginning and has always been with me as my life and health. I have faith in the presence of God that fills me with new life and new energy.

I have faith in the power of Truth to overthrow all belief in disease and weakness. I know that the truth now prevails in my consciousness and I am free from all thought of disease and free from every manifestation of disease-thought in my body.

Through my faith I cause my perfect health to appear. I know that health, not disease, is my divine heritage. I know that strength, not weakness, is now manifesting itself throughout my body.

Jesus answering saith unto them, Have faith in God.—*Mark 11:22.*

SUNDAY, APRIL 21

My All-Powerful Word for Today: *I have faith in the prospering power of the Lord Jesus Christ now expressed in me and manifest in my affairs.*

This statement is the Silent Unity prosperity word to be used from April 20 to May 19.

FAITH IN prosperity clears from my consciousness all belief that failure or lack can have any place in my life. I give up every thought that would bind me to poverty or limitation. I give up every belief that would cause me to be limited financially.

I know that I am the child of God, heir to all that my Father possesses. I know that as His child I can lack no good thing. I know that through His power I am now moving forward into a broader life and increased supply.

I have faith in my ability to receive rich ideas from Divine Mind and to transform them into success and prosperity. When I succeed, I but do the work that my Father has expected me to do. When I prosper, I but manifest the rich substance of God.

I press forward in the consciousness that I am the son of God, can do all things, and impregnate all that I touch with the consciousness of abundance.

As long as he sought Jehovah, God made him to prosper.—*II Chr. 26:5.*

My All-Powerful Word for Today: *I condemn no one, neither am I condemned. We abide in the praise of infinite good.*

I KNOW the fallacy of condemnation. I know that through condemnation one does not cause good to appear; good comes through praise. Through praising good within one, that which might be condemned is lost sight of and disappears.

I do not condemn myself for what I have thought, said, or done in the past. I know that experiences of the past belong solely to the past and I do not try to bring them into the present.

I do not condemn myself for failures. I realize that the lessons of the past are now causing success to appear for me. I know that the Spirit of God is now praising my every effort to succeed.

I give up all tendency to criticize or condemn my relatives, friends, or business associates. I do not look for flaws in the character of any person. I do not set myself up as a critic. I guard my tongue and, thereby, am assured of speaking only words of praise and constructiveness.

Giving up all tendency to condemn, I enter into impersonal and universal consciousness.

Neither do I condemn thee: go thy way; from henceforth sin no more.—*John 8:11.*

My All-Powerful Word for Today: *I am always willing to coöperate with others. In the unity of Spirit I am unified with all persons.*

I DO not try to live apart from others. I am not selfish or unresponsive. I realize the Truth that in Christ all persons are joined in one purpose—that of living life to the fullest.

I know that in serving others I help my own indwelling Christ to express Himself through me toward them. I know that when I coöperate with others the Christ within me is joining Himself to the Christ in them.

In the unity of Spirit there are no differences or separations. In Christ, man is eternally unified with man. In Christ, man is joined to all else that is living and Christlike.

In the unity of Spirit I understand other persons. I understand their motives. In Truth man can never be misunderstood. In Truth man is always willing to harmonize and to cooperate. I am always ready to unite my efforts to those of others in any worthy cause.

In the Spirit of universal unity I realize the eternal oneness of all things, all men, all life. In the One we are unified and inseparably joined.

Giving diligence to keep the unity of the Spirit in the bond of peace.—*Eph. 4:3.*

My All-Powerful Word for Today: *Consciousness of the Truth of Christ delivers me from every adverse situation. Christ is my Savior and my deliverer.*

KNOWING Truth, I am delivered from every form of ignorance. I am freed from all bondage to falsehood and delusion. I am liberated from all adversity.

Christ delivers me through my consciousness of His Truth. He delivers me from inharmony through giving me peace. He delivers me from disease through quickening me to a consciousness of health and life in Him. He delivers me from all evil through having me know that only God, the good, is real and true.

Through my understanding of substance and prosperity, I am delivered from failure and lack. Christ is my Savior and His saving truth about prosperity frees my mind from all belief that prosperity can fail to appear when I need it.

Christ delivers me from every adversity in the flesh. He is my Deliverer, Savior, and great Physician. His Truth delivers me from the belief that weakness or disease can have any place in my body.

God is unto us a God of deliverances.
—*Psalms 68:20.*

My All-Powerful Word for Today: *I recognize no adverse condition as having power or place in my life. The Lord God omnipotent reigns alone.*

I DO NOT think of any adversity as having being, existence, reality, or place in my life. I do not think of evil, disease, fear, or lack as belonging to me or to my world.

Fear and hate have no place in my consciousness because God as love reigns completely. Disease and weakness have no place in my body because God as life and health rules my body. Failure and lack have no place in my affairs because God rules them as the Spirit of prosperity, increase, and success.

I do not give to adversity the power to exist. I do not think of any adverse condition as mine or as having power to become personal, belonging to any person.

There is but one God—God the good. I believe in God as strong, wise, and unopposed by other gods or other powers. I know that in the consciousness of Truth there cannot be many gods. I set up one God as my God and He manifests in and through me, making me perfect like Himself.

There is but one man, the perfect image of God.

I am Jehovah, and there is none else; besides me there is no God.—*Isa. 45:5.*

My All-Powerful Word for Today: *Through the discerning, judging power of infinite wisdom I have good judgment. I know how to discriminate, discern, and judge.*

THROUGH God's power of discernment we know how to discern and to discriminate. We do not accept the false for the true or the evil for the good when we know how to discriminate. We always have good judgment when we judge according to spiritual judgment.

I have good judgment at all times because I am centered in that judgment at the heart of my being which assures me of doing all things wisely and well. I know that when the judgment of Christ is operating in and through me all that I decide is wisely decided.

In discriminating between the false and the true I give no power to the false. I choose the true because it is founded upon Truth, Spirit. I know the good from the evil because I exist in the consciousness in which only good has place or power.

Through good judgment I know just what to do at all times. I know how to take care of my finances and all financial problems. I know how to settle questions concerning my business.

The judgment of God is according to Truth. —*Rom. 2:2.*

My All-Powerful Word for Today: ***I am not under any negative or adverse law. God, the principle of all good, is the law of my thinking and living.***

I DO NOT allow myself to be under the burden of any negative law. I do not recognize any cause or effect as working negatively in me or in my life. I know that evil has no power to make law in that higher consciousness in which God, the principle of good, exists.

Since in Truth only God, the principle of health and life, can have power, I do not believe that in reality disease has power to make laws. I do not think of any fear about life as having power to exist as a law of cause and effect. I know that, in Truth, God is the principle governing my body and my health.

God, the principle of Truth, is the truth under which I place myself—my thinking and my living. The law of God rules me completely. The good—life, health, strength, and all other good that I enjoy here—now comes to me because I am ruled solely by the law of God.

God, the principle of good, is now working in my life and annihilating all belief that evil has laws or principles. God is the only law that I recognize.

The law of Jehovah is perfect, restoring the soul.
—*Psalms 19:7.*

My All-Powerful Word for Today: *At all times I abide in the consciousness of spiritual mastery. I live in communion with God at the heart of my being.*

LIVING in communion with God I am constantly in prayer, eternally knowing the truth of spiritual consciousness. I do not think of prayer as a means of beseeching God. Through prayer I enter the high consciousness in which I know my at-one-ness with God. Through prayer I enter into realization that I have here and now the things for which I pray. Prayer, to me, is but realization of that which is mine as the son of God.

In order to attain and to achieve, I do not need to sacrifice or to suffer. I do not go the way of negation in order to arrive on the heights. The way of Spirit is one of pleasantness. Through prayer the way of Spirit is revealed to me.

In prayer I am in constant communion with all the higher powers and forces of the universe, those operating through the will of God. Through prayer I bring into my life all that God wishes me to have in order to live life to its fullest.

Through prayer I realize my own innate perfection.

Praying at all seasons in the Spirit.—*Eph. 6:18.*

MONDAY, APRIL 29

My All-Powerful Word for Today: *God's will now at work in me is good will and I am willing to give up personal willfulness in order to have His will done.*

GIVE up all tendency to personal willfulness in order to let the perfect will of God be done in me. I know that God's will is always good will and through His will great good is done in my life.

I am always ready to give up the lesser and the personal in order to have the greater and the universal. I am willing to give up selfish ideas in order to entertain the universal ideas of Spirit.

God's will operating as good will is now bringing great things to pass in my life. My mind is open and receptive to these changes and to new ideas. My consciousness is open to spiritual consciousness. My mind is open to the operation of God's will.

In Truth, I know that no one's personal will can interfere with the will of God. I know that the personal will of another cannot keep away from me that good which God gives to me. I free myself from all domination of the personal will, knowing that God's will alone can govern and direct me.

The will of God for me is peace, health, and plenty.

•

The will of the Lord be done.—*Acts 21:14.*

TUESDAY, APRIL 30

My All-Powerful Word for Today: *I cannot be crystallized in mind or in body. The youthful life of Divine Mind keeps me mentally and physically young.*

THERE IS no stagnation or crystallization in my mind or body. The youth-giving life of Spirit fills and thrills me with youthful life. Every tendency to crystallize or stagnate is broken up, and I am filled with youthfulness.

The renewing, vivifying, purifying power of God is now at work in me and I am cleansed and regenerated in mind and in body. I express the eternal life of Spirit. I manifest youthfulness in thought, word, and deed.

I think youthful and vigorous thoughts. My mind of youthful ideas charges my body with youth. My body responds with youthfulness.

New and youthful ideas are now at work in my affairs. My work takes on the spirit of new life. There is no tendency for my business to take on stagnation or become crystallized, because it is filled with youthful ideas, fresh ideas, new ideas.

Youth is the keynote of my life. Youth is expressed in every phase of my life. I am kept eternally young because Spirit in me never grows old.

His bones are full of his youth.
—*Job 20:11.*

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But to every man there openeth
A high way and a low,
And every man decideth
The way his soul shall go.

—*Oxenham.*

And wouldn't more of us perhaps choose the high way, if we were just sure of our path, if we had our bearings a little better in mind, if we knew which turns really led to the high way?

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Are you teaching them to think for themselves?

Are you teaching them to reason?

Are you teaching them to know right from wrong?

So long as you insist upon making your children's decisions for them, upon doing their reasoning for them, you are retarding their development. Eventually they must learn to do these things for themselves, and they will learn the lessons much more readily while they are children than when they are grown.

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June, 1929

"The World that Never Knew Disease"

"I Longed to See the Christ"

"Only the Absolute"

"Release Yourself"

A Page of Inspiration for Each Day

SILENT UNITY CLASS WORDS

May 20 to June 19

"Arise, shine; for thy light is come, and the glory of Jehovah is risen upon thee."

I am stirred to action, health, and strength, as I listen to the clarion call, "Awake, thou that sleepest, and arise from the dead, and Christ shall shine upon thee."

The substance of my thought is that God gives me all-sufficiency in all things, and I am secure in my prosperity.

Sample copies of *Unity Daily Word* will be sent free by the publishers to any address. Single copies, at news stands, 15 cents. Subscription, $1.50 a year.

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UNITY DAILY WORD

A magazine whose spirit of good cheer radiates from its printed page and sparkles in the heart of him who accepts it as his daily friend. Published monthly.

F. B. WHITNEY, *Editor.*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy, Kansas City, Mo.

GOOD RETURNS

I went forth with a smile on my face,
With a song of great love in my heart,
With the presence of joy in my breast,
And I greeted the world with good cheer.

And then, out of the bounds of all space
There came love, joy, and smiles back to me,
In a measure that far did exceed
All that I had expressed to the world.

ONLY THE ABSOLUTE

God, the One, is the only Being;

The Allness of Good is the only Presence;

The Principle of Truth is the only Law;

Divine Mind is the only Intelligence;

Eternal Life is the only Existence;

Universal Love is the only Power;

The Eternal Now is the only Time;

The Omnipresence of Heaven is the only Place;

The Substance of God is the only Supply;

The Truth about Man is the only Reality;

The Temple of the Living God is the only Body;

Christ in Us is the only Man.

A WORLD THAT NEVER KNEW DISEASE

WHAT KIND of a world do you think this would be if all its past inhabitants had come into it without the ability to think of disease as something? If mankind had not come under the spell and illusion that man was susceptible to disease? If men had never heard symptoms of disease discussed?

What would this world be like if all its people had been unable to think hate and fear? If they had been without the power to worry over finances and the future? If they had been unable to become affected adversely by what others say or do or by the state of external affairs? If they had been without the ability to see people as diseased, deformed, or dead?

You answer quickly, "It would be a world that never knew disease!" You may not be a student of metaphysics, divine healing, or practical Christianity; yet the voice of Truth within you prompts you to make this answer. Something within you that you may not recognize causes you to know that the thought of disease and the power to visualize disease have caused disease to appear! Something within you tells you that the way out of a world of disease is the same way through which man became conscious of disease—through thought.

You instinctively feel that a world that never knew disease would be one in which the inhabitants never thought of disease or hates or worries, in which people never discussed

operations. Now, if we are agreed that the belief in disease has caused disease to manifest, what shall we think of the prevalent beliefs that agents which are not mental cause disease? Can we not rule out these beliefs completely, now that we are to look upon the world and its health from the standpoint of mind?

Man's fall in the Garden of Eden came about through perverted thinking. Instead of thinking of himself as divinely perfect he conceived of himself as earthly. He dropped in consciousness from the high vision in which he could behold himself as the healthy and perfect son of God. He still thinks of the coming of heaven as the dawning of the happy time when he shall find himself back in the Edenic garden.

Man now welcomes the return of the Christ to earth and the time when he himself will be like unto the Christ. He looks forward to the coming of the Christ to take him back to heaven. What does this mean? It signifies that we welcome the return of the consciousness or realization that our Christ, our own divinity, is within us. We know that by His power, the power within us, we have the passport that will lead us back to our heavenly estate.

When will the kingdom of heaven be set up here on earth? When will the millennium come? In Truth, heaven always has been right here. Can it be that our clouded thinking, our thinking of evil and fear and disease, has automatically kept us out of heaven? Can it be that the world that never knew evil or disease is a

world of reality instead of a fictitious one? Is it possible that Jesus was right when He said, "The kingdom of God is within you"? Are we not safe in thinking that within us lies the power to find heaven—heaven within us and about us?

If we are correct in assuming that man dropped out of heaven through belief in evil, then it is safe for us to assume that our way into heaven here and now is through right thinking. Only by right thought can we correct evil thinking. Only by correcting the thoughts that produce disease can we think health and live in a world that does not know disease.

Has this thought of the possibility of a world that knows no fear, no evil, no disease, appealed to you? Do you not find yourself almost merging back into a certain heaven that you have instinctively thought of as the place where you should be? You can easily find this world, and live in it. It matters not what sort of a world others live in. You can get back into your garden of Eden, your world without evil and disease, through right thinking.

What power has right thinking to restore us to heaven? It has power to correct wrong beliefs about our spiritual selves, power to correct false ideas about our divine sonship, power to cause us to think of ourselves as God thinks of us. You can only contact the Christ mind through thought. You can only know Truth that sets you free through exercising true

thought. Do not belittle your mind or think that it has no place in your salvation. Your first conversion must be in your change of thought. If you have been thinking of yourself as a sinner, you must now think of yourself as the son of God, for such you are in Truth.

If all the people in the world today would at this moment stop thinking of evil, and fear, and disease, what would happen? Your dream world, without evil, and fear, and disease, would appear. The clouds that obscure your view of the sun would disappear. The mists and fogs of materiality would no longer hide your heaven from you. Your health would be revealed. Your world of love and joy would be here. Your divine sonship would appear. The mystical Christ would return. You would be sitting on the throne of your spiritual powers, ruling your world.

If all the people in the world today would at this moment begin to think of themselves as healthy and perfect sons of God and would continue in this thought, there would be only healthy and perfect sons of God here—sons like their heavenly Father, sons loving their brothers, sons radiant with the glory of the mystical sun within them. If all men and women and children realized their divine origin, there could be nothing to prevent the manifestation of this sonship as perfect men, women, and children.

The world that never knew evil or disease is close at hand. If we are to be in its heaven our thought must aspire to heaven.

RELEASE YOURSELF

BEFORE me sat a woman who was visibly affected by some unfavorable situation in her life. She began by trying to say that she did not know where to begin. Then she stopped and said to me: "The truth of the matter is, I must have freedom. Unless you can help me to get free from some of these things that are weighing upon me, I am hopeless." With her right hand she made a very characteristic gesture: she brushed her forehead upward as if to smooth away some mental disorder. With her left fist she punctuated her words with blows upon the arm of her chair.

I looked straight at her and said, "Your release from this mental strain can come so easily and so quickly that you probably will forget the whole situation overnight. Who seems to be causing you all this misery?"

"My sister-in-law. Ever since she has been in the family—since about 1923—she has put me at a disadvantage, although outwardly she appears to be my friend. Last night while we were playing bridge she made a remark that I thought was very personal, and I made an answer that will set the whole town to talking. I have never liked her since the day before she was married. Although every one else seems to be in love with her, I have not been able to let her touch me."

The case was plainly just another one of "family-in-law-itis." The patient had studied psychology, metaphysics, and various cults of

mind and healing and, therefore, I had some advantage in trying to be of assistance to her. She showed that she was more or less mentally sensitive; she easily manifested emotion and just as quickly changed its character. In her study she had dabbled a great deal and was not established in any particular belief. Her research had been made more or less because of her curiosity and her wish to keep abreast with the times. She had not reached the place where she had found the great truth of living and could establish herself in it. This was very clear.

The sister-in-law was, indeed, considered a very charming woman. The patient might almost have been suspected of being a little jealous of her gifts, for they were abundant.

One could see very plainly that the release she cried out for was not from the immediate situation or from things as they appeared. She had betrayed herself when she mentioned an incident that took place the day before her brother and her future sister-in-law were married. This was the thorn in the flesh. It had been allowed to stay there until at the present time, in the language of the surgeon, an immediate operation was imperative. Let us study the working of her mind, what had been taking place, and the method of giving her freedom and release from the offending situation.

We hear little, in these days of enlightenment, about personal devils but, in the eyes of this patient, her sister-in-law had become one.

Six years before, an unhappy thought about her sister-in-law had been planted in this woman's mind. Thus, to her, the sister-in-law was a devil personified.

My heart welled up with a great desire to say, "God is love" and to say it in some way that would reach this suffering soul. The whole situation was so clear and the remedy so simple that I dared not be too abrupt in revealing to her just where she was at fault and how she could relieve her own mind. How easy it is in such cases to say, "You must just drop this out of mind and deny its power over you. Free yourself from the belief in personality, and affirm divine love." How vexing this advice would have been to her at this moment.

I took a different route. I asked her how her brother was doing. She answered that she did not want to discuss her brother! My plan to get her away from the subject of the sister-in-law until her mind was a little easier seemed to be frustrated. But she became a little quieter, and then told me of her brother's success in the last few years. She began to talk about the family and in a short time had forgotten herself and the object of her visit. She was quiet. The anæsthetic seemed to be working and we were about ready for the operation!

Then I told her that the advice which I would give her would need to be considered in an impersonal way and that we should make the personal or specific application later. I told her that quite often we found that if a

person were in an unfriendly or unfavorable state of mind he would react in an unfavorable manner toward any situation that came up. If another person should present himself to the disturbed one at such a time the person who thus interrupted the unhappy trend of thought might be regarded in a most unfavorable light. The situation then becomes personal. Unless the whole thought about it is erased from the mind, the situation becomes a thorn in the flesh. After that the intruding person is regarded as a prospective enemy. Succeeding days cause this person to appear more and more satanic in character. Observed through the glasses of suspicion he is beheld as the very personification of evil. The observer finally traces every ill that happens in his life to the workings of this person, who now is considered an enemy. Finally the victim becomes so wrought up that the very sight and presence of this "devil" throws him into a state of lack of mental control.

The woman before me was making the personal application. My explanation was no longer impersonal. She rose to her feet and, thinking of her sister-in-law, said, "My poor darling Bess, how I have wronged you!"

The miracle had happened. The cure was complete. She asked me why she had not been able to see through this situation, why her affirmations of divine love had not worked. The answer was that she could not get a strong enough realization of God's love while her heart

was so filled with bitterness. She had been so determined to hold her ground so far as Bess was concerned that she had not given God any room to work in. When her treatment started, love worked at every turn. When she relaxed, however slightly, love gained a foothold. The thought, "God is love" grew in intensity for her release, even though, to appearances, she was not being given the loving thought.

Thus, when we find that we are in personal situations, those in which our thoughts cause some person to assume a satanic mask, those in which personalities seem to contrive against us, we need to find some way to let love into our hearts in order that it may effect our release. We cannot remain in bondage to any person when we give love a chance. Love may seem to take a roundabout way of working, but it will work. It will work! We may need to use a little psychology and may seem to resort to unimportant devices, but, if given a chance, love will win.

Are you seeking release from some personal bondage? Get back to the first situation bearing upon the circumstance. Work on it. See what your mental reaction is when detached from any personal situation. Give love a chance. When you find the thorn in the flesh, be willing to pluck it out, even though you must sacrifice pride in order to do so.

Get out of personal consciousness and you will be released from all the woes of personal experience.

RESTLESS ONES

Dear, restless heart, be still! Don't fret and worry so;
God hath a thousand ways His love and help to show.
Just trust and trust and trust, until His will you know.

Dear, restless heart, be still! For peace is God's own smile,
His love can every wrong and sorrow reconcile;
Just love and love and love and calmly wait awhile.

Dear, restless heart, be brave! Don't moan and sorrow so;
Just hope and hope and hope, until you braver grow;
He hath a meaning kind in the chilly winds that blow.

Dear, restless heart, repose upon His heart an hour,
His heart is strength and life, His heart is bloom and flower;
Just rest and rest and rest within His tender power.

Dear, restless heart, be still! Don't toil and hurry so;
God is the Silent One, forever calm and slow;
Just wait and wait and wait, and work with Him below.

Dear, restless heart, be still! Don't struggle to be free;
God's life is in your life, from Him you may not flee;
Just pray and pray and pray, till you have faith to see.

—*Edith Willis Linn.*

SATURDAY, JUNE 1

My Keynote for Today: *All my aspirations are heavenward—to the heaven of health, joy, perfection, and constant realization of my Christ mastery.*

MY EYES are lifted to behold the fulfillment of my ideals. I do not let doubt or fear cause me to bow my head or to drop my eyes. I am not downcast. I lift my eyes to heaven, the heaven of my dreams.

Rising out of negative and satanic thoughts, I rise out of all belief in hell. I free myself of all discouragement. I know that my ideals are now becoming real. I know that I can live in heaven here and now. I know that I can have my every righteous desire fulfilled.

My thought is accumulative. All my good thoughts are massed together and present a strong defense against all negative beliefs. My good thoughts rise to heaven, to spiritual consciousness.

I form a ladder of thought that reaches to heaven. Over this ladder the very blessings of heaven come back to me. Health, joy, and perfection are bestowed upon me, the son of God.

All my heavenward aspirations are rewarded. That to which I can aspire is mine for the choosing.

If you would reach the stars you must build a ladder of thought.—*Unity calendar for June.*

My Keynote for Today: *Every experience that comes into my life brings me a blessing.*

I KNOW that every experience that comes to me has its measure of blessing. I recognize the good that comes and give thanks for it. I see behind all that is negative in appearance and I behold the blessing that I am to receive.

I know that I need not suffer or go through adverse experiences if I am established in the truth of Christ. I realize that God wills for me not suffering, but joy—the joy of constant communion with Him.

Working in agreement with the law of God and living in harmony with His commandments, I realize that I cannot have adverse experiences. Knowing this truth I seek to live nearer to Him and to express my Christ dominion and power.

I bless all my experiences and I draw from them the measure of good that they bring to me. Nothing that is good in life can escape me. Every blessing that my Father sends to me is received thankfully and blesses me in bountiful measure.

I go my way rejoicing that I am not under negative beliefs and that I need not suffer.

Even if ye should suffer for righteousness' sake, blessed *are ye*.—I Pet. 3:14.

My Keynote for Today: *My mind is freed from all sense of burden. I rest in the consciousness that all anxiety has given place to trust and to perfect peace.*

I GIVE UP all feeling that affairs of the world can depress me and cause me to be anxious. I give up all anxious thought about my relatives, my friends, my business, or myself.

Every depression and anxiety is cleared from my mind and I am mentally free and harmonious. My mind is free to express the care free spirit of perfect freedom.

I rest in the realization that there is nothing in all this world about which I should be anxious. Nothing external to me can make me depressed. At the very center of my being I am harmonious and peaceful, and my whole world takes on the character of my inner peace.

Knowing that good will come out of every experience, I have perfect trust in God. I know that by remaining positive to Truth I can transform every negative situation in my life. I know that through being constructive in my thought every adverse experience will be lifted up.

Being at peace mentally, I let the peace and the order of God be expressed in me.

Blessed be the Lord, who daily beareth our burden.—*Psalms 68:19.*

My Keynote for Today: *I am not afraid. My fear has turned to courage and I courageously go forth in the might of Christ.*

THOSE THINGS of which I was formerly afraid are now viewed in the light of Truth. The light has caused all shadows to flee and I am no longer afraid. Persons, things, and situations cannot make me afraid of them. They must all contribute to my happiness and courage.

All my fears have been transformed to courage. The courage of Christ fills every part of my being and I am, indeed, courageous. I have the courage of him who knows that there is nothing to fear.

There are no fears in my world. I live in a universe of courage. My world is not inhabited by devils, shadows, or fears. My world is God's perfect world of light, joy, and courage.

I meet all the issues of the day with courage. I do not procrastinate in performance or in decisions. I am straightforward in all my dealings.

Fortified with the consciousness of my indwelling courage, I press forward courageously.

At destruction and dearth thou shalt laugh;
Neither shalt thou be afraid of the beasts of the earth.

—*Job 5:22.*

My Keynote for Today: *The Spirit of newness pervades my whole being and I am renewed in mind and in body.*

NEW IDEAS fill my mind and exclude all old and crystallizing ideas. Ideas that are old and useless have no place in my mind. Thoughts that turn my attention to unpleasantnesses of the past are now denied place in my mind. New ideas convey to my mind a sense of newness, and I behold all things as existing in a new world.

My affairs are charged with newness, and I see new ideas manifesting as success and prosperity in my midst. The very newness of Spirit causes my whole world to become regenerated and renewed.

My environment is freed from all old and adverse beliefs. I live in the new Spirit of Christ, and I behold newness expressing itself all about me.

My body is renewed through the presence of Christ who maketh all things new. All old cells are replaced by new ones. All that partakes of age is replaced by newness and youth.

My body is regenerated in every part. I cease to think of it as related in any way to the thought of age, decay, or crystallization. My body is youthful. It is the temple of Christ.

He hath put a new song in my mouth.—*Psalms 40:3.*

My Keynote for Today: *The Spirit of perfect justice protects me from all injustice and I am justly dealt with at all times.*

I REFUSE to think of myself as being unjustly dealt with, or as having any relation to the thought of injustice. I know that persons and situations cannot cause injustice to have a place in my life. I know that no chain of circumstances can cause injustice to enter into my affairs.

My mind is filled with the thought of justice. Belief in injustice has no place in my consciousness. The justice of God fills me, my affairs, and my world; all that I have is governed by divine justice.

I place all my affairs in the keeping of divine justice. All that I do is done in justice to others and to myself.

I do not believe in personal judgment. I am willing to refer all things to the Spirit of justice within me. I do not judge others wrongly or think that they judge me wrongly. I recognize but one God, one judge, one law.

Perfect justice rules my finances and my business. Divine order and prosperity are now manifested in my affairs through the operation of God's law of perfect justice.

One *only* is the lawgiver and judge . . . but who art thou that judgest thy neighbor?—*James 4:12.*

FRIDAY, JUNE 7

My Keynote for Today: *Entering the consciousness of my perfect freedom, I give up every belief in bondage to persons or things. I am free!*

THE TRUTH of Christ has revealed to me my perfect freedom. I know that man was created free, without any bondage to other persons or to external things. I am the perfect, free man of God. I am created without any bondage whatsoever. I have absolute liberty.

I give up all bondage to limited beliefs. I am free from all bondage to belief in evil, unhappiness, disease, lack, or death. I am free from mortal consciousness. I am free from all beliefs that would limit my life or my world.

In my perfect freedom I discover joy, life, and plenty. In this freedom I cannot lack any good thing. I cannot have any sense of bondage in the consciousness of my divine birthright.

I go forth this day in full realization of my perfect freedom in Christ. All sense of depression is lifted from me. There are no mental shackles or physical fetters for me. I am free!

I go forth in the consciousness that I am free forevermore. I resolve to remain in the consciousness of perfect freedom and to express the free Spirit of Christ in all ways.

I shall walk at liberty.—*Psalms 119:45.*

My Keynote for Today: *Established in the realization that there is nothing in all the universe to make me impatient, I rest in the patience of one who knows and trusts God.*

THE TRUTH of God frees me from all sense of restlessness and impatience. I am not impatient with time or events. I am not afraid of the outcome of events. I do not try to hasten the coming of the future.

I am established in the consciousness that nothing in my world can cause me to lose patience. I do not give to outer things and conditions the power to destroy the inner peace of mind that I now enjoy.

I abide in the patience that comes from trusting God. I know that all my affairs are now in His keeping and that nothing in my life can escape his watchful, tender care.

I have control over my thinking and my feelings. I am not given to impatience or to restlessness.

In my patience I behold the working of all things for my highest good. I see good coming as my reward for patience and as a compensation for my perfect trust in God. I see God manifesting Himself in my life as my most desired blessing.

In *your* self-control [supply] patience.—*II Pet. 1:6.*

My Keynote for Today: *I am not given to excesses or bad habits. Christ in me gives me perfect control over myself.*

THROUGH the power of Christ I exercise self-control at all times. I am not under bondage to appetite or to abnormal desires. I do not eat to excess. I am not nervous or unsettled.

Through the power of Christ I have power over myself. I have power to detect bad habits and to break my bondage to them. I have the ability to free myself from all unnatural desires.

I am temperate at all times. I am not given to loud speaking or to the use of many words. I am moderate in all things.

I am master over myself because Christ is master over my every thought, word, and deed. I place myself in His keeping.

The spiritual man in me carries me forward and upward, away from the baser things of life. In my consciousness there is no place for that which degrades and makes ignoble. I am in touch with all that is elevating and inspiring.

I strive for mastery, knowing that in the seeking I find my power to master myself. I find Christ within me ready at all times to help me to master myself.

Every man that striveth for the mastery is temperate in all things.—*I Cor. 9:25 (A. V.).*

My Keynote for Today: *Lifting my eyes from things earthy I behold things heavenly, such as they are in reality.*

I LOOK away from sordid and adverse things of the world and lift my eyes and my inner spiritual vision to the heavenly nature of all things in reality. I disregard all that is unlike God, the good. In my life there is no place for the negative or the adverse. My vision is dedicated to the true, the beautiful, the real—to God.

My eyes are cleared of all mist and fog. All that is base and material must give place to that which is spiritual and eternal. My vision now beholds the dawning of spirituality, lighting my horizon with things beautiful and good.

I bless my eyes, knowing that through them I have power to behold the deeper things of God. I do not think of my eyes as weak, diseased, or failing in performance of their duties. I do not strain my eyes or abuse them in any way. I give thanks for the perfect eyes that God has given me.

My eyes give me power to behold God's perfect world, in the midst of which I now live. I lift my vision to behold the presence of God, Truth manifest. Looking Godward I behold the perfection of all things as they exist in God.

I will lift up mine eyes unto the hills, from whence cometh my help.—*Psalms 121:1 (A. V.).*

My Keynote for Today: *I do not think of myself as mortal, diseased, or imperfect. I am the perfect son of God, whose perfection I now manifest.*

I GIVE UP the race belief that man is imperfect and is susceptible to disease and death. I accept the truth that man is the son of God. I know that I am this perfect man. I am the perfect son of my perfect Father.

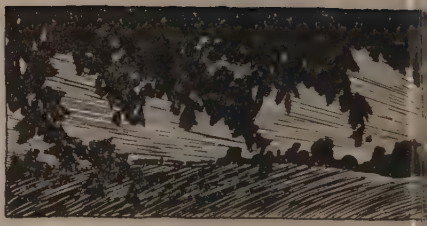
I resolve not to think of myself as limited in any way. I will not think of my health as limited. I will not think of myself as limited in strength. I am determined not to let any false belief about myself gain entrance to my consciousness.

I know the truth that I am the perfect son of God. God in the midst of me is constantly seeking to manifest Himself as my health and perfection. I am willing to let His will be done in me.

In Truth I have always been perfect, untouched by false beliefs. That which is true of me has never changed and never will change. The truth of my health and perfection is constant and eternal.

I abide in the consciousness that I am perfect in all ways.

I am God Almighty; walk before me, and be thou perfect.—*Gen. 17:1.*



I LONGE

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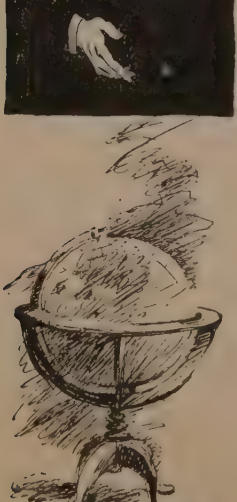

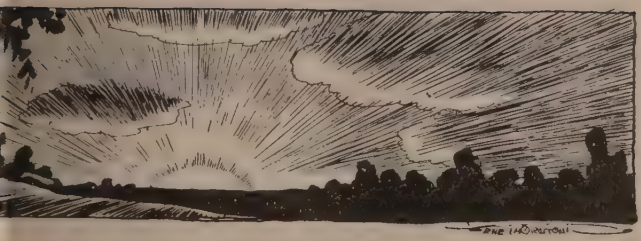

TO SEE THE CHRIST

d, lo, I saw the dawning sun;
d gave its light to every one.
at Christ had filled with beauty rare
that Christ was everywhere.

d saw a friend extend a hand—
it satisfied my heart's demand.
ile, I saw a smile divine;
me through that one, a friend of mine.

hrist and saw the sick arise;
had shorn disease of its disguise.
h profound: If we of Christ would **learn,**
l, and for Him we must yearn.

My Keynote for Today: *In Truth there is no place for separations and disunity. In the Spirit of Christ I am unified with all persons everywhere.*

IN REALITY there are no divisions or differences. In the great universal unity there are no separations. There are no misunderstandings, no prejudices, no jealousies in the great universal love of Christ. I rise above every thought that would cause me to be separated from others. I am unified with all life through the unifying power of Christ.

In me the divine masculine and feminine are now joined. Strength is joined with love; power is unified with peace; wisdom is united with holiness. All the finer forces of my soul are developed and blended.

I am unified with those of the outer world whom I can best serve and with those who can best serve me. At one with them through inner and mystical understanding, I am joined with them in all ways. I have perfect understanding with all persons.

I am unified with God within me and am at one with all wisdom, love, and life. In the great universal unity of Spirit I am at one with all that I need or desire.

There can be no male and female; for ye all are one *man* in Christ Jesus.—*Gal. 3:28.*

My Keynote for Today: *I do not doubt that great good is now coming to pass in my life. I have perfect faith.*

I GIVE UP all doubt in good or in its manifestation. I am no longer pessimistic. I am not a doubter. I do not lack in faith, because my faith is centered in the higher power within me which never fails.

I have power to rise above every doubt, to know that my faith is sufficient to carry me through every situation. I know that doubt belongs to ignorance; faith is one with understanding.

I have great faith in my own indwelling power to accomplish anything that I undertake. I have faith in the power of God within me to cause me to master everything in my world.

With faith in myself and in God, I can have no fear, doubt, or belief in failure. Faith unifies me with all that I need to know, all that I need to be, all that I need to have. Through faith I am joined to all the good in the world.

At all times I have perfect faith in God, the good. I have faith in His power to manifest Himself as that which I most need. Through faith I bring great good to pass in my life.

My faith increases day by day.

Looking unto Jesus the author and perfecter of our faith.—*Heb. 12:2.*

My Keynote for Today: *I recognize but one law, the law of God—the law of peace, life, health—the law of my higher being.*

I FREE myself from all belief that I am subject to any law of evil, adversity, or disease. I do not think of myself as subject to any process of cause and effect whereby any adversity can manifest in my life. I give up all thought that adversity has any power to operate as a law in my world.

God, the good, is the only law operating in my world. God is both the cause of good, its effect and manifestation, and good itself.

I place myself and all my affairs under the law of God—the law of good, peace, health, plenty, and success. I do not believe that evil, inharmony, disease, lack, or failure can operate as a law or can manifest in me or in my world. The law of God sets me free from all belief that evil has a law.

God is divine principle. As principle He supplies me with that whereby I may measure my thoughts, words, and deeds. He is the chart and the compass of my life. He is the blue print of all my life's plans. I seek to measure up to Him in all things.

The law of God is the law governing my life.

He that looketh into the perfect law, the *law* of liberty, and *so* continueth . . . this man shall be blessed in his doing.—*Jas. 1:25.*

My Keynote for Today: *I give no thought to the existence, reality, or power of evil. My world is filled with the omnipresence and omnipotence of good.*

EVIL has no place in my world. Evil has no existence, being, or reality. The belief in evil belongs to the world of illusion, whereas I belong to the world of truth and of light.

In Truth there is no falsehood. In the face of the reality of good, evil can have no reality. In the knowledge of the allness of God there is no recognition of other than God. I abide in this understanding and I find my world replete with the allness of God, the good.

Knowing that God is omnipresent, I cannot believe that evil has presence. God is all that there is and all that can have presence of being.

Knowing that God is omnipotent, I cannot believe that adversity or evil can have power. God is all that there is in reality and in my life. Naught else can have power. Good alone is powerful.

In the realization that only God rules me—my mind, my body, and my environment—I live in a world in which there is naught but good. I live in God. Good is within me and all about me. I am centered in good and surrounded by it.

Imitate not that which is evil, but that which is good. He that doeth good is of God.—*III John 11.*

My Keynote for Today: *My way is a way of peace, joy, love, health, and prosperity. The Spirit of Christ attends me wherever I go.*

SINCE MY way is the way of Spirit, there can be no inharmony, fear, disease, or lack therein. Spirit does not know these adversaries; therefore, all belief in them must go and their appearance must perish. That which Spirit does not know as reality cannot exist in my life or on my path.

Harmony and love attend me wherever I go. Health and prosperity are constantly with me. Christ is always at hand.

The Spirit of the Lord illumines my way. I cannot stumble or fall. I cannot make wrong decisions or take steps that lead me away from my highest good.

I no longer expect obstacles in my path or barriers to my progress. I know that when I am established in spiritual consciousness these things cannot exist for me. I know that in spiritual consciousness I am always led into that which is for my highest good.

The Spirit of Christ, my own indwelling Spirit, is with me at all times. Wherever I go, there is Christ.

Jehovah knoweth the way of the righteous;
But the way of the wicked shall perish.
—*Psalms 1:6.*

My Keynote for Today: *I am not combative toward other persons. I am at peace with myself, with all other persons, and with my world.*

IN THE peace of God that is within me, I find perfect peace. I find peace with myself and with my life. I find peace with my relatives, with my friends, and with my acquaintances.

In the peace of God within me, I know that in the reality of God's perfect world there is naught but peace. I know that war and warlike tendencies do not belong to the ideal world. I find in peace the way to realize the very presence of heaven.

Peace is supreme in my world. There is no evidence of inharmony or personal animosity in my world, because peace fills it to fullness.

Peace rules my mind and my heart. Perfect peace makes me think peaceful thoughts. My heart is centered in the very peace of the heart of God.

Peace fills my body. All inharmony, tension, and restlessness now give way to perfect peace. All the members of my body are filled with peace. They are centers of peace.

When a man's ways please Jehovah
He maketh even his enemies to be at peace with him.

—*Prov. 16:7.*

My Keynote for Today: *I do not hold before me the image of fear, disease, or failure. I visualize the true and behold myself as the image of God's likeness.*

I DO NOT conceive of myself as manifesting any limitation. I do not imagine that I am weak or diseased, fearful or hateful, unsuccessful or poverty-stricken. I do not visualize myself as manifesting any quality unlike God, the real, or as possessing anything unlike Him.

I am the son of God, created in His image and after His likeness. I am like my heavenly Father in all respects. In me, His son, are shown all qualities that are representative of my Father.

As the image and likeness of God, I express love, life, joy, peace, health, and strength. God expresses Himself in and through me as the perfect image of Himself.

Beholding the glory of my Father, I know that the light of His countenance is reflected in my face. I am transformed! That which I may have thought myself to be is changed to that which I am in reality, in the sight of God. My whole life and my entire world are changed. God's glory fills me through and through.

But we all, with unveiled face beholding as in a mirror the glory of the Lord, are transformed into the same image from glory to glory.—*II Cor. 3:18.*

My Keynote for Today: *The Christ mind fills me with the light of infinite joy and peace.*

This statement is the Silent Unity illumination word to be used from June 20 to July 19.

KNOWING the truth of my relation to God, I rise above every belief that would diminish my joy. I deny that any person or any thing has power to affect my joy in knowing the truth. I am free from the belief that the condition of external things can determine the extent of my joy.

Christ, my spiritual consciousness, causes my mind and my body to be filled with infinite joy. I enter the consciousness of the presence of Christ and I am filled with joy and peace—joy in knowing Truth and peace in feeling the presence of Christ.

My joy is constant. It does not change as the weather changes or as external conditions change. My joy is the joy of Christ, the joy that Jesus experienced when He realized His oneness with the Christ, the divine within Him.

I do not hesitate to express my joy. My countenance expresses the joy of Christ within me. My environment is filled with the radiance of joy that refuses to be suppressed. My world is filled with joy, and I rejoice.

To the man that pleaseth him *God* giveth wisdom, and knowledge, and joy.—*Eccles. 2:26.*

My Keynote for Today: *I am bubbling over with the joy of the Christ mind, and every nerve, muscle, and cell tingles with the spirit of health.*

This statement is the Silent Unity healing word to be used from June 20 to July 19.

MY CONSCIOUSNESS is filled with joy that overflows into my physical organism. My body takes up the joy of my consciousness. All feeling of heaviness disappears before my light-heartedness. My heart is filled with the joy of Christ.

My nerves give up all strained conditions and become joyful through the presence of health and of Christ. My nerves are peaceful and poised. They are under my perfect control because they are controlled by the Christ mind.

My muscles are filled with the substance and strength of bountiful health. They rejoice to serve me well. They are intelligent and strong. They are able to do all that I require of them. My muscles are not tired easily, because they rejoice to serve me.

The tiny cells of my body are centers of joy. Since these are joyful, my whole body takes on the character of intense joy.

The Spirit of God is the spirit of my physical health.

The oil of joy for mourning, the garment of praise for the spirit of heaviness.—*Isa. 61:3.*

FRIDAY, JUNE 21

My Keynote for Today: *I rejoice in the consciousness that God through Christ has given me access to inexhaustible spiritual substance, now manifest in prosperity.*

This statement is the Silent Unity prosperity word to be used from June 20 to July 19.

MY RICH spiritual consciousness supplies me with rich and prosperous ideas. Through these ideas my substance and prosperity are revealed to me. Through the Christ mind in me I have contact with the God mind of the universe.

Christ, my higher self, reveals to me my success and my supply. I am led into that situation in which I can best serve and prove God, best demonstrate for myself the promises and the laws of bountiful prosperity.

God's substance, my substance, is inexhaustible. I can draw upon this substance forevermore and know that it cannot be depleted. I need only to maintain a rich consciousness in order to relate myself to inexhaustible substance and prosperity.

I rejoice in my victory over the race belief in failure and lack. I rejoice to know that through Christ in me I am successful and prosperous.

He did good and gave you from heaven rains and fruitful seasons, filling your hearts with food and gladness.—*Acts 14:17.*

My Keynote for Today: *I do not procrastinate or try to live in the future. I live in the great, eternal now, and I enjoy the blessings of the present.*

I PUT BEHIND me all the unpleasant memories of the past. I am not bound to other days. I do not attempt to live in the yesterdays. I do not try to live in the tomorrows. I am content to live in the glorious today.

In the now, in the great today, I live and enjoy the many blessings of my life. Now and here I am happy and free. Now I am healthy, strong, and perfect. Now I am successful and prosperous.

In the great, eternal now I discover that all blessings are before and about me. All that I have ever desired from God is right at hand and always has been ready for my acceptance.

I am content to live in the now, the time of Spirit. Now is the timeless time, the ageless age of God. In the now of Spirit there can be no future, no age, no change.

Living in the higher mental and spiritual realms of consciousness, I contact the life which is without past or future. I discover the life of the now, the life in which my blessings cannot be delayed by thought of time.

Come; for *all* things are now ready.—*Luke 14:17.*

My Keynote for Today: *I am always appreciative of, and thankful for, every indication that God is blessing me.*

I PRAISE GOD for every evidence of His blessings. I am appreciative and grateful. I rejoice to give thanks for every good that comes to me.

I am thankful for my understanding of Truth. I am happy to know the great truths of life and I rejoice to apply these teachings. I bless the work that Unity is doing in giving these teachings to mankind.

I praise God for health. I give thanks that I am whole and well. Through giving thanks for my health I know that I am receptive to a greater degree of health.

I praise God for an environment of harmony, joy, and love. My world is filled with the presence of God manifest in the form of blessings most adaptable to my needs. God appears in my life as that which my heart most desires.

I give thanks for abundance of prosperity. Being thankful for the good that I have, I see it increase and multiply. In my bountiful prosperity I behold the bountiful presence of God.

I give thanks that I have a spirit of thankfulness.

I thank thee, and praise thee, O thou God of my fathers.—*Dan. 2:23.*

My Keynote for Today: *I relax from all strain and tension, and I rest in the peace and the poise that come from knowing Truth.*

TRUTH GIVES me the assurance that there is nothing in all this world to make me tense. Nothing of the outer world has power to destroy my inner peace and poise.

I relax from thinking thoughts that would cause me to be strained and tense. I forego every thought that makes me tense, fearful, and worried. I give up every thought that is in opposition to the mind of God.

I relax into the peace of knowing Truth and of knowing my relation to the universe. I do not anticipate unpleasant situations, adversities, or circumstances over which I may not have control. I do not anticipate evil, for I know Truth.

I relax from all unhappy or inharmonious relations with the world about me. In the secret place of the Most High within me, I make contact with God, and through Him all external relations are transformed.

I relax because I am poised in Truth. I am centered in the peace that passeth all understanding. I am established in the consciousness that cannot be affected by external conditions. I relax and rest.

Ye shall find rest for your souls.—*Jer. 6:16.*

My Keynote for Today: *I am so filled with joy that all sense of depression is lost. I am joyful!*

IN MY very heart of hearts, I am joyful. I know that in reality I have never been affected by sorrow or depression. I have discovered the something within me that has never been touched by depression. I have found reality—my spiritual self!

I give up all belief that persons or external things can affect or change my joy. My joy is not dependent upon external conditions. It is centered in the substance within me that never undergoes change.

Every experience must yield joy to me. From every situation in life I have power to extract abundant joy. All that appears in my life must yield to me its quota of joy.

Joy is attracted to me through my joyful thoughts. I think of joy and it appears. Through my joyful thinking I make a connection with the very joy of heaven.

My body is filled with joy. The cells of my body seem to smile with joy. My body is light and free because joy is its keynote today.

I live in an environment of joy. All about me joy is expressed. Joy is within me and about me and I am in the very midst of bountiful joy.

My joy therefore is made full.—*John 3:29.*

My Keynote for Today: *The purifying, renewing, healing, deathless life of God is in the midst of me, and my body is filled with life.*

MY MIND is cleared of all belief in disease, death, or insufficiency of life. I do not think of my health or of my life as limited. I know that only my limited beliefs can limit my life and I now and here cast out all such limiting beliefs.

The purifying life of God within me cleanses me of all unclean thoughts and of all impure physical conditions. In Christ I am purified. Nothing impure can remain in my body, the temple of the living Christ.

The renewing life of God within me frees me from all old and crystallized conditions. I am renewed in every part. Every cell of my body takes on new life. The spirit of newness in my body makes me young.

The deathless, eternal life of God is my life. Knowing this truth I am assured of eternal life. All belief in cessation of life is removed from my consciousness. I know that God's life does not terminate and that I am one with it.

Knowing the truth about life I am filled with life. I am one with the life that regenerates and heals.

For with thee is the fountain of life.—*Psalms 36:9.*

My Keynote for Today: *I measure all my thinking by the ideal mind, the mind of God, and I think only thoughts of peace, power, health, and good.*

I TURN out of mind all thoughts of inharmony, evil, weakness, and disease. There is no place in my mind for any thought that is not good. I take for my ideal the perfect mind of God. I think only those thoughts that are in keeping with this mind.

I cease to think of myself as having a mortal or carnal mind. Ceasing to think mortal and carnal thoughts, I cannot have a mortal or carnal mind. As the son of God I am not mortal-minded. As God's son I have the perfect mind of my Father.

I have no difficulty in freeing myself of adverse thoughts, because spiritual thought eradicates all thought that is unlike itself. Thinking the higher thoughts of God I cannot think thoughts that are carnal, debasing, and disease-producing.

My mind is unified with the mind of God through my thinking heavenly thoughts. I am conscious of the working of God mind.

Whatsoever things are true . . . honorable . . . just . . . pure . . . lovely . . . of good report . . . think on these things. . . . and the God of peace shall be with you.—*Phil. 4:8, 9.*

My Keynote for Today: *There is no confusion in my mind, my affairs, or my life. The perfect order of Spirit rules my thought, my business, and my world.*

NO CONFUSED condition can exist in my world. I cast out of mind every thought that would bring chaos into my life. I order my life aright. I think orderly thoughts and I see order appear in all my ways.

My mind is ruled by the very order of Spirit. The order whereby God rules the affairs of His perfect creation is the order that rules my life. The order that holds the planets in position, the order that governs the universe, is the order that brings my life into perfection.

All my ways are orderly and I witness the appearance of manifold blessings in my life. I see blessings appear as the outcome of the perfect order that pervades my mind and my affairs.

The very order of heaven now appears in my world. The order of God, my Father, is now manifest in my affairs, the affairs of His son. Heavenly orderliness is the pattern by which I bring all my affairs into divine order.

Order is now manifest in my business and in all my financial affairs.

> To him that ordereth his way *aright*
> Will I show the salvation of God.
>
> —*Psalms 50:23.*

My Keynote for Today: *The stillness that comes from knowing the truth of my relation to God and to the universe pervades me through and through.*

I KNOW that the noise of external things has no contact with the peace and stillness of my inner life. In the very Babylon of the outer life I can find my inner sense of quiet.

The quietness that comes from knowing the truth of my relation to God makes me mentally and physically quiet. Before this mighty truth I stand in profound silence. Nothing of the external world can disturb this sense of quiet.

I am mentally quiet because my mind is filled with quiet thoughts. All disquieting beliefs are dropped from my mind. I live in a world of quiet.

I am physically quiet because all tension is removed from my body. My nerves are quiet with the calm assurance that they are nourished by the powerful substance of God.

My environment is one of peace and quiet. Great stillness fills my entire world. The stillness that gives birth to power, the quietness from which great strength rises, is the stillness, the quietness, to which I am now related at all times.

The effect of righteousness, quietness and confidence for ever.—*Isa. 32:17.*

My Keynote for Today: *I abide in perfect love and see all the affairs of my life ruled by God, divine love.*

DWELLING in the consciousness of perfect love, I see all the situations of my life as being governed by love. I am free from all hate and fear. I am free from personal consciousness and from personal dislikes. I abide in love.

In perfect love I find God. I discover that He is that within me which prompts me to love. He urges me to give up all personal bitternesses, all fears, all hates, and to know the truth of His all-conquering love.

In the light of Truth I abide in the light of God. I abide in that consciousness wherein I see all men as they exist in God. I see them through the light of God. I see them whole and free. I see love as the ruler of my universe and I see all things coming under its dominion.

In the perfect love of God I see all persons as loving me and contributing to my happiness. I see all of these governed by love in all that they do. I behold them expressing the love of God within them and helping to manifest in all the world the very love of heaven. I see love as universal lord and master.

He that loveth his brother abideth in the light. —*I John 2:10.*

MONDAY, JULY 1

This will be my birthday.

On July 1, 1924, I made my appearance as your daily companion and right then I started to grow. Ever since that day I have been growing and growing. Of course, you want to see me grow, and you like to help me do so. You know what will help me grow, don't you? Birthdays suggest birthday remembrances, don't they?

Send in your new and renewal subscriptions before July 1, if you can, so that they will be counted in on my first four-year record.

Thanking you for helping me to grow and appreciating your birthday present, I am,

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Gladly we shall send you a little prosperity bank in which you can save money for your subscriptions. This is sent free upon request. While saving money day by day, you take part in a prosperity drill with the assistance of the prayers of Silent Unity. During seven weeks you are to save a total of $4.50, the price of three subscriptions. You will find the plan very satisfactory. When the amount is saved, it is to be sent to Unity School, together with the names of three persons to whom *Unity Daily Word* is to be sent.

HOW TO GET HELP

Silent Unity is the healing department of Unity School. No matter what your trouble may be—financial, social, or lack of health—it can be overcome. "With God all things are possible." Silent Unity will be glad to take your case and join its prayers with yours, instructing you about the right thoughts to hold for solving your problem. We minister to persons of every race, color, and creed. Our love is universal.

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Unity periodicals are too good to throw away. When you have finished with your copies, pass them on to some one who needs them. The hospitals, the charitable homes, some chance acquaintances whose conversation leads you to believe that they may need what Unity teachings have to give—these are the places where your old copies should go; not to wastebaskets nor to dark closets where they accumulate dust. If you can dispose of more free literature than you have on hand, write us of your needs and we shall send supplies for the work.

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You, Mister Forty Years, and You, Grandma Seventy! You will both find interest and joy and youth in *Youth.* *Youth* already counts among its subscribers many who have passed the "20" mark, and they are quite as enthusiastic about *Youth* as are its boy and girl friends. May it count you among its subscribers, starting with the next issue? Read it yourself and then don't forget to share it with some other young friend.

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July, 1929

"Impersonalize Your Personal Devil"

"Happy Today, Happy Tomorrow"

"There's Only God-and-I"

A Page of Inspiration for Each Day

SILENT UNITY CLASS THOUGHTS

June 20 to July 19

The Christ mind fills me with the light of infinite joy and peace.

I am bubbling over with the joy of the Christ mind, and every nerve, muscle, and cell tingles with the Spirit of health.

I rejoice in the consciousness that God through Christ has given me access to inexhaustible spiritual substance, now manifest in prosperity.

Sample copies of *Unity Daily Word* will be sent free by the publishers to any address. Single copies, at news stands, 15 cents. Subscription, $1.50 a year.

Unity School of Christianity also publishes *Christian Business*, *Youth*, *Wee Wisdom*, *Unity*, and *Weekly Unity*. Each subscription, $1.50 a year. Two other publications, *Unity Sunday School Leaflet* and *Unity Local Program*, are each $1 a year.

Requests for the ministrations of Silent Unity and love offerings for prayers for health and prosperity should be addressed to the Unity School of Christianity, Silent Unity Department.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun tipped heights in whose glory you will behold the son of God, for such you are.
Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Ave., Kansas City, Mo.

VISION

Looking within:

I do not fear things without.

Looking forward:

I do not look to the past.

Looking up:

I cannot be downcast.

THE DREAM SONG OF FREEDOM

ELIZABETH E. HARRIS

Back of your heart is a dream,
  A dreaming of freedom, of joy;
Back of your soul there is God,
  Good that is free from alloy.

"Open the door of your cage,"
  Sings the free bird of the air;
"Tear down that wirework of gilt
  And spread out your wings now and dare."

The dream that is back of your heart,
  The longing, and urge, to make flight,
And God that is back of your soul,
  Means poise, peace and freedom, and light.

Let go the bonds that have held,
  Fling back the narrow confine,
And sing to the world your true song,
  Your song that is God's song and mine.

IMPERSONALIZE YOUR PERSONAL DEVIL

THE ONLY difference between the words, evil and devil, is just one little letter. According to metaphysics, evil is simply a belief contrary to good and Truth. What has been called the devil is this evil belief acting as a personal being or as an evil personality.

In this age of enlightenment the world has pretty well freed itself from the old belief in a personal devil, a power working for evil in opposition to God, the good. We speak of a personal devil as the evildoer who was the terror of theologians of the past. At that time a disbelief in a personal devil was a mark of disloyalty to the Christian religion. Now we should consider a belief in the power of any entity which would set itself up as opposing God or Christ as a belief disloyal to the one and only Power in the universe.

In the last decade or so religion has given us a new interpretation of itself and of life. Looking beyond the theology and ecclesiasticism of the past we have found the religion of present-day enlightenment, the religion of Truth. The belief in a personal devil has changed entirely. Truth has revealed to us that there cannot be a devil, since God is alone in supremacy. However, the world still goes on believing in personal devils, even though they be of a different sort.

If a person does not rise in a business office as rapidly as he thinks that he should, he may

blame his failure on a personal devil. A co-worker who was formerly a friend is viewed with suspicion and alarm. It must be he who is working the mischief. Then the personal devil enters into the life of the suspicious person. Evil has taken on a personality and has become a devil. The false belief has been personified. When we want to make evil just a little worse than it is, the personal element in us personifies evil. What a creation!

The discussion of devils could not be a wholesome one, neither could the belief that they are at work in our midst be wholesome. Even as we have given clean white pages to a matter of inky darkness, so must we clear all inky beliefs from our thought and clear our minds of all belief that evil can interpret itself to us as a personality.

We are inclined to smile at the belief in witchcraft that prevailed in this country in colonial days. But, in this age, I have heard bright, intelligent persons voice a belief in personal devils that was an insult to present-day enlightenment.

Recently in talking to a woman who was not succeeding in her work because of a deep-seated belief that a certain person was working against her, I gave her this advice: "Impersonalize your personal devil. Cease thinking that any person is working evil in your life or could possibly do so. See these situations as having come about through your own adverse thinking and correct them through thinking

higher. Think Godward. In Truth you will find that you cannot succeed or fail through the machinations of another. In Truth you will learn that God alone can lift you higher and higher in your work."

Had this woman continued to try to help herself through concentrating upon the one whom she called a devil, she would have aggravated and intensified the situation. Why? Because she would have acknowledged to herself some power without herself. When a person acknowledges an external power he cannot resort to the almightiness of God within himself. This woman could not resort to the power of All-good so long as she believed in the influence of evil.

Possibly, if this woman were asked by her minister if she believed in a personal devil, she would answer emphatically, "No!" However, in her own consciousness, she held such a belief. She believed that evil personified was working against her highest interests. She believed that some external power was greater than the power of her indwelling Spirit. She believed that there was something besides the allness of God.

Sometimes it would seem as if the most cowardly attitude that a person can take is that of believing that his failure is due to the evil workings of another. Can you imagine God's creating man as master over everything in his world and then placing man at the mercy of all the other men in the world? Can you not

see that the whole matter of a person's belief in a personal devil of this sort is simply a matter of ignorance and unenlightenment on his part, which will remain until the light of Truth dawns in his consciousness?

If we believe in the power of any person to injure us we cannot enter into the great universal, impersonal consciousness in which we know the reality and the power of God. There is no doubt but that the mark of the overcomer is his ability to throw off what may be called personal thoughts—the beliefs that other persons can make him unhappy or can cause his failure.

Impersonalize your personal devil! Detach evil from personality and you will find that there is no devil. Remove your belief in evil from the person whom you have considered an evil influence and you may find that he is your best friend. If you just must personalize something, personalize some one with good and find, thereby, that you have been entertaining an angel unawares.

What a gloomy subject this subject of devils is! How laughable the whole thing is when the belief has been corrected in our thought. In these days of modern enlightenment—yes, days of electric lights—one never hears of ghosts. A simple turn of the light switch would reveal their falsity. And so just a light ray of intelligence scatters the belief in personal devils. Let us start today and see how many angels we can find.

HAPPY TODAY, HAPPY TOMORROW

DO YOU WISH to have a happy tomorrow? Then make your today a happy today. When tomorrow comes it will be but another today. So if you take advantage of each today and make it a happy day, there will not be any unhappy tomorrows. Many persons live in some sort of belief that, regardless of today, tomorrow will bring happiness. They need to know that they can live today only, and can be happy today only. In the timeless time of Spirit there is no future; there is only the glorious now.

There is really a philosophy of happiness. This philosophy consists of the wisdom and knowledge of Truth. Knowing the great universal Truth of life, we become happy. Knowing that nothing of the external world can mar the happiness of the inner spiritual life, we are rewarded by happiness.

Happiness comes by laws truly scientific. Happiness results when we are conscious of the great first Cause, God. When we realize that God is the cause of all our joy we find that joy appears in our lives.

One of the deep secrets of being happy is this: Learn to be happy regardless of external things. If a person learns the little mental trick of refusing to let things, persons, and events make him unhappy he will have discovered the way to happiness. He will give freedom to wellsprings of joy within him. His

joy will be constant, unaffected by external things or happenings.

Do other persons seem to decrease your joy? Do you have the experience of starting the day filled with the consciousness of joy and then have some one say or do something that seems to take all the joy out of your life? You can easily see that you have this experience because you think of other persons as having power to diminish your joy.

Do things of the outer world distress you? Do poor telephone service, automobile mishaps, or slow street cars have the power to take your joy from you? Does matter seem to have more power over you than the Spirit of joy within you? If you are impatient and unhappy over some of the little mishaps in life, know that your freedom is at hand. Joy will release you from the perhaps thousand and one things that have held you in bondage. If you have the real joy of Spirit, you will see the little mishaps in life decrease and diminish until they do not exist. In the joy of Spirit they never have existed.

Do events, circumstances, and situations of the day seem to rob you of joy? Have you empowered them to take your joy from you through your belief in their power? Remember that this must be a joyful day. It must be your happiest day. You are learning now to live in the today and not in the tomorrow.

Will today be a happy day for you? Yes, if——. Today will be a happy day if you do

not think of persons, things, and circumstances of the external world as having power to rob you of joy; if you realize that the very fountain of joy is within you; if you know that your joy is constant, unaffected by what men say or do. If your happiness is centered in the joy of Spirit within you, this will be a happy day.

Sometimes, if a person has allowed himself to live without joy for some time he needs to take some step to help the wellsprings of joy to flow in and through him. The person who has lived without joy must find some way in which to express his joy. He must find some occasion when ordinarily outer things would disturb him to demonstrate to himself the power of joy within him. Instead of thinking of external things as making him joyful, he must know that his power over things of the external world causes him to express joy.

We can see that the right metaphysical concept of time and place has a great deal to do with helping us to be happy. If we live in the tomorrow instead of in the glorious now we let the belief in time rob us of the joy that we might experience at the present moment. If we live in the thought that joy is without us, that it changes according to the status of external things, we let the belief in space and place deprive us of the joy of the inner life.

Our happiness today depends upon our making each succeeding moment of the day a moment of happiness. If we would be happy tomorrow we must not delay our happiness

until tomorrow. We must be happy right now. Tomorrow will be a happy day only as it shall have been a happy today.

We just know that *Unity Daily Word* students are the happiest people on earth. But, even the person who knows the philosophy of happiness must keep practicing it. The quarter of a million students and readers of *Unity Daily Word* can do a great deal of missionary work in spreading the gospel of happiness among those who are living in the darkened lands of despondency. Keep your hearts light and radiant with the good news of happiness.

There is no doubt but that joy is underestimated as regards its power to heal diseased bodies and to resurrect failing businesses. Joy is truly magical. It has power to cast out fear, disease, and poverty. By its magic, joy relieves stagnations in the body and causes new blood, new nerve energy, new life to flow. In the same way it causes new life to become active in business and in finances.

Happy today? How can you be otherwise?

Happy tomorrow? Yes, and happy all the rest of your life, if you make each day a happy day. The tomorrows will take care of themselves and when they appear as the todays they will be happy days.

Happy right at this moment? Happy that you know that joy is right at the center of your being? Yes, we know that you must be happy, because the Spirit of joy within you is even now stirring you to joy and happiness.

YET IS THERE TIME, MY SOUL

WINNIFRED WAY WENCKE

Up, up, my soul, no longer bow,
But to the heights draw near;
Illumine all your days with love;
Try faith instead of fear:
    Yet is there time, my soul.

Do unto others only good
As you would have them do;
Into the fabric of your days
Let love be woven through:
    Yet is there time, my soul.

Win peace, my soul, 'tis God's free gift;
Oh, haste to claim it thine!
Rejoice and climb to sun kissed heights;
Draw near to things divine:
    Yet is there time, my soul.

MONDAY, JULY 1

Today's Inspiring Word: *I go forth in the consciousness that I am now in possession of all to which I aspire.*

SHAKESPEARE says, "Assume a virtue, if you have it not." If we would find ourselves in possession of any virtue, any characteristic, anything that is worth while, we must enter into the consciousness of being in possession of it.

As students of metaphysics we know that when we enter into the right consciousness we make the demonstration: when we enter into the consciousness of possession, we find the thing we would possess. The delay in demonstration is simply a delay in reaching this consciousness.

There are two parts to prayer: aspiring heavenward and, also, entering into the realization that the prayer is answered. Many persons do not give much thought to this second part. They expect their prayer to be answered without their making contact with the answer beforehand.

Begin today living just as if you had the thing you most desire. Will you be living a falsehood? No, not if the thing is to be yours. If it is to be yours, it is yours even before it manifests.

The prayer that expresses itself in action is the prayer that is answered.—*Unity calendar for July.*

TUESDAY, JULY 2

Today's Inspiring Word: *Within me lies the kingdom of peace, love, health, and plenty.*

HAVE you found the realm of all blessings within you? Have you discovered that you have within you the source of all good things and even the very things themselves?

Within you is the power to make this kingdom manifest. Of course, you must find it first within you.

A person should never think of heaven as something apart from him or as lying in the distant future. He should not think of himself as powerless to cause heaven to appear in his life. He should know that God in the midst of him is the very essence of heaven. As a person realizes the truth about heaven he finds that heaven appears. He realizes that in Truth there has never been anything but heaven, and he finds himself in the very midst of it.

Heaven is the sum of all good. It consists of peace, love, health, and plenty. In heaven there is no absence of these. There can be no disorder, inharmony, hate, fear, disease, or lack to the one who is established in the truth that heaven is in the very midst of him and he is in the very midst of heaven.

Neither shall they say, Lo, here! or, There! for lo, the kingdom of God is within you.—*Luke 17:21.*

Today's Inspiring Word: *I am not afraid of other persons. Christ in me is not afraid of Christ in them.*

LET us forever erase from our minds all fear of other persons. Instead of thinking of them as having power over us, power to control us or to injure us in some way, let us think of the Christ within them as always ready to serve and to love us.

There is something within us that is never afraid, something within us that is never shaken or disturbed by what others think, say, or do. Do you know what this something is? It is our divinity. It is that within us that relates us to God. It is the Christ.

If we cease to look upon other persons as related to us in a personal way we help ourselves to rise above personal consciousness. If we think of the Christ within us as one with the Christ in all others we establish a bond of love, unity, and fearlessness. There is nothing in all the world of which we can be afraid when we rise above the belief in fear and above the belief in the power of external things and persons to harm us.

Abiding in the consciousness of the inner Christ we are fearless and courageous. We go forth in the courage of Christ within us.

Be not afraid of their faces: for I *am* with thee, to deliver thee, saith the Lord.—*Jer. 1:8 (A. V.).*

THURSDAY, JULY 4

Today's Inspiring Word: *I free myself from every self-imposed limitation. I am free in the realization that the Truth of Christ has set me free.*

DECLARE your freedom today. If you have felt yourself in bondage to limitations, felt yourself circumscribed by restrictions, prevented from giving freedom to the urge of Spirit within you, declare your freedom.

You will find that you have been in bondage to your own beliefs. You have felt that you could not do the thing that Spirit urges you to do. Possibly you have thought that others prevented you from doing the thing that you long to do. Know the truth and declare your freedom. When you have erased from mind all belief that you cannot do what you want to do you will find your freedom and your innate power to perform.

The truth of Christ set man free from all self-imposed limitations. Jesus came to help man to unbind himself. Man was bound to unhappiness, disease, and poverty before the Christ Truth was given to him. When he realized Truth, he discovered the truth of his freedom.

Jehovah hath anointed me . . . to proclaim liberty to the captives, and the opening *of the prison* to them that are bound.—*Isa. 61:1.*

Today's Inspiring Word: *The peace of God pervades my mind and I am peaceful at all times.*

IF A person is irritable and inclined to be out of harmony in his relation to others, he should seek to establish himself in peace. He should know that he is disturbed not by things of the outer world but because he lacks a certain inner peace. That is, he lacks consciousness of this peace.

External conditions either affect us or fail to do so, according to our ability to be disturbed by outer things. When a person is established in the peace of his own spiritual might and dominion, he finds that nothing external can confuse him or rouse his anger.

When we are established in peace—the peace of God within us—nothing can disturb us. Persons, things, and circumstances lose their power to make us uneasy. The outer world seems to be hushed by the powerful peace of God within us.

God's will for us is perfect peace. Knowing Truth, we find that peace is at the basis of all demonstration. When we seek to make a demonstration, our first step is peace—unity with God within us. When this is attained, the demonstration is virtually made.

Now the God of peace . . . make you perfect in every good thing to do his will.—*Heb. 13:20, 21.*

SATURDAY, JULY 6

Today's Inspiring Word: *I am patient with myself, my work, my associates, my relatives, and my environment because all of these are governed by the God of peace, order, justice, and success.*

IMPATIENCE, when analyzed, shows itself as based upon a certain lack of understanding and trust. Lack of patience, therefore, is based upon a negative condition. Patience is positive, since it is based upon Truth.

If a person is impatient with himself—his endeavors, his work, and his progress—he shows that he is not established in understanding. Knowing the truth of his innate ability to progress, he cannot be impatient with himself. If he realizes that in Truth he must always be going forward, always be doing right, he naturally conforms his life to the standard of Truth.

To develop patience we need to turn our thought to the mighty stillness within us that is never disturbed by outer events, by beliefs in future disaster, or by external situations. At the center of our being is the very peace of God. We can turn from things of the world and find peace there at all times.

The Lord God direct your hearts into the love of God, and into the patience of Christ.—*II Thess. 3:5.*

SUNDAY, JULY 7

Today's Inspiring Word: *All thought of death is wiped from my mind. I am determined to live an abundant life, which is God's will for me.*

DEATH is not God's will for man. In man God seeks to express more of His life. Life, then, is of God and it is God's will that man live and express His own abundant life. Through failure to know this great truth man severs connection with life.

If we would have a stronger hold on life we must release all belief in death. We must cease thinking of death as related to us in any way. If we would demonstrate life, we must think of life. There is no reason why a person should not develop a stronger consciousness of life as he grows in years.

As we meditate upon life, the very life of Spirit at the heart of our being, we find that our consciousness of life increases. We strengthen our hold upon life. We increase our realization that life is constant and eternal, mightier than man's belief in death.

Living in the realization that God's life is our very life, we grow into such a consciousness of life that we are alive forevermore.

As I live, saith the Lord Jehovah, I have no pleasure in the death of the wicked; but that the wicked turn from his way and live.—*Ezek. 33:11.*

MONDAY, JULY 8

Today's Inspiring Word: *Every day I see new evidences that God is blessing me. The richest blessings of heaven are poured out upon me.*

BLESSINGS are around us everywhere. They are our blessings, ours to enjoy. They are God's blessings to man, His blessings to us. As we grow in the realization of their presence we find that they increase.

If you should feel that you do not have any blessings in life, just get quiet and try to find at least one blessing, one thing for which to be thankful. When you find this one you will discover that you are in the consciousness of blessings. Your finding the one blessing will help you to find others. Finally, you will realize that your life is filled with blessings.

One of the greatest blessings that come to us is the understanding of Truth. What can be a greater blessing than for man to know his real relation to God and to the universe? This knowledge gives him a new view of life.

The blessing of understanding is followed by the blessings of love, health, and plenty. Thus, we can see, by a progressive process our lives become filled with nothing but blessings.

Blessed *be* the God and Father of our Lord Jesus Christ, who hath blessed us with every spiritual blessing.—*Eph. 1:3.*

TUESDAY, JULY 9

Today's Inspiring Word: *In the great unity of Spirit I am at one with God within me, one with loving friends, one with bountiful blessings.*

WE COME to the realization that in the great universal Truth of being we are never separated from God or from that which is for our highest good. Only in ignorance or in failure to realize Truth can we have any sense of separation.

In the great universal scheme of things, everything is united. There are no separations or divisions or differences, except as these exist in the unenlightened mind of man. In Truth there is only unity; unity between man and God; unity between man and life, love, health, and plenty.

If we feel a sense of separation from that which we desire we need only to correct our thought: to deny the belief in separation and to realize the truth of unity. We make the connection between ourselves and that which we desire when we realize that the connection exists.

If you would be unified with the great and good things of the universe, think often of universal unity.

Jehovah said, Behold, they are one people . . . now nothing will be withholden from them.—*Gen. 11:6.*

WEDNESDAY, JULY 10

Today's Inspiring Word: *Looking through perfect eyes—my perfect, spiritual eyes—I behold a perfect, spiritualized world.*

IF WE would see the world devoid of ugliness, fear, hate, disease, and lack, we must look at it through eyes of Spirit. We must clear our vision of all limitations if we would see the world freed of limited beliefs. We must look through eyes of Spirit and see a world of beauty revealed to us.

We should give up every belief that our eyes are weak or unhealthy. In the sight of God our eyes are strong. God created us perfect and gave us power to behold the world of perfection, His world. God, who is "of purer eyes than to behold evil," has created His son, the perfect man of God, like Himself, and has given Him perfect vision.

Understanding the truth of God we are enabled through the eyes of Spirit to behold this truth expressed everywhere about us.

Looking through eyes cleared of all sense of materiality we behold the world of God identified with all the blessings of God. By clearing our vision we behold perfection in manifestation.

He looked stedfastly, and was restored, and saw all things clearly.—*Mark 8:25.*

Today's Inspiring Word: *All tendency to be doubtful or faithless is wiped from my mind. Inherent within me is the power of faith—faith in God, the good.*

DOUBT shows a lack of faith: little faith in ourselves, in God within us, in humanity. If we are inclined to doubt a great deal we may know that we have developed little faith. If we are pessimistic about the outcome of events we may readily know that we lack the measure of faith that creates optimism and brings success.

We often notice the difference between the successes of two persons, and we can easily account for such a difference as being one of faith. The person who feels the stirring of faith within him at all times is simply impelled to progress and to succeed. Nothing seems to be able to thwart his purpose.

Faith, then, gives us a tenacious hold upon the power of God within us, as well as a hold upon ourselves, upon our own powers.

Faith is sure to bless us because it unifies us with that which brings blessings. The faithful person is sure to have more happiness, more friends, more health, and greater prosperity than the one who is doubtful. Faith, then, is often the key which unlocks treasures for us.

A faithful man shall abound with blessings. —*Prov. 28:20.*

FRIDAY, JULY 12

Today's Inspiring Word: *The perfection of God, my Father, is expressed in me, His son, and I manifest perfection in all my ways.*

IF WE look away from the limitations and imperfections of the personal or physical man, we in some degree appreciate the perfection of the real or spiritual man. We could not realize our perfection if we kept our attention on imperfection. In order to realize the perfection of the sons of God, for such we are, we must often think of the perfection of God, our Father.

Do not think of any imperfection that you may have as coming from your heavenly Father. Remember that God created you perfect and in His sight you are now perfect in all ways.

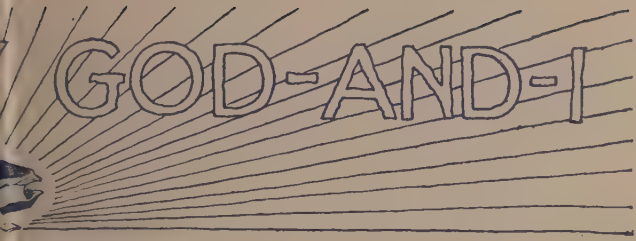
Think of the most ideal and perfect man possible. Do not be limited in your thinking of perfection. Make the picture as perfect as it is possible for you to make it. Now realize the fact that in Truth, you are this perfect man, this perfect son of God. Knowing this truth, can you ever again think of yourself as limited? To be true to God you must be true to this high ideal and vision of perfection. You must see yourself as perfect at all times.

He is the Rock, his work *is* perfect: for all his ways *are* judgment: a God of truth and without iniquity, just and right *is* he.—*Deut. 32:4 (A. V.).*

In all this world so large, so old, t
For God, the good, we know, is
There's only good in all my wo
And God, the real, the good, the

Are there no persons in my wo
There're only sons of God, Dear H
In them God now shows forth H
And everywhere I look I see Go

And I am just a part of God, so
Since God is indivisible, with Hi
But, knowing God's my great I AM
And be content to know, with Hi



's only God-and-I,
—and there—the low, the high;
or God exists alone,
e, rules now upon His throne.

Are there no people there?
and they are everywhere.
lf, so God is all I see,
iling back at me.

ly there's no "me"—
ll always be;
Him I will rely
ere's only God-and-I.

SATURDAY, JULY 13

Today's Inspiring Word: *In my world, God's world, there is no place for evil. God, the good, fills my world and good is on every hand.*

OUR WORLD becomes to us just like our thought about it. If we give a great deal of effort to thinking about evil, we naturally believe that evil has a place in our world. The evil of the world of illusion becomes visible to us when we look for it through worldly eyes.

In Truth, there is only Truth, only God, only good. In Truth there is no place for any belief in falsehood, evil, or its appearance in any form. If we consider God as reality and consider good as the nature of God, then there is no place for the belief that evil can have being, place, or reality in God's world of omnipresent good.

When our effort is given entirely to thinking of God, the good, we find that there is only good existing for us. Since we contact God through spiritual consciousness we also contact good through the higher realms of mind. We can see that our thought is the instrument that we use in touching good. If we are to find good and to establish it in our lives, we must think of it.

God saw everything that he had made, and, behold, it was very good.—*Gen. 1:31.*

SUNDAY, JULY 14

Today's Inspiring Word: *In working out my life's problems I am responsible to God alone, the Spirit of truth within me.*

IN DOING our work we must lose sight of the personal equation. If we think that we are working for other persons we weaken our ability to work with divine principle. If we work according to the prompting of the Spirit of love, justice, order, and prosperity, we ourselves shall not only be happy and successful, but we shall also cause those whom we serve to be happy and successful. The reason for this is that our work is based upon Principle.

We are accountable to God for all that we think, say, or do. There is a certain standard to which we must conform. God's will for perfect man should be a certain ideal which we should seek to attain. At all times, we should seek to conform to this ideal.

The seeming problems of life vanish like magic when we learn the lesson of impersonality. If we think of ourselves as responsible to God alone, then we discover that God within us assumes a certain responsibility in our work. When we think that we are responsible to persons, we find that we must rely upon our own personal endeavors.

Each one of us shall give account of himself to God.—*Rom. 14:12.*

MONDAY, JULY 15

Today's Inspiring Word: *I have no desire to be cruel or unjust. I am willing to let the justice of God within me do justice in my life and in the lives of others.*

OFTENTIMES there is a subconscious feeling of cruelty which is not readily detected. A person may have this tendency to cruelty and hardly be conscious of it. He may discover evidence of it in his doing injustice to others. He may hardly be aware that he exercises injustice until he comes into an understanding of Truth and develops a God-given desire to be just toward all persons.

Injustice belongs to the unenlightened man. The person who is illumined by Truth can have no desire to be cruel and unjust. The person who gains an understanding of his oneness with God and with all persons will want to be loving, kind, and just at all times.

Is there some one in your life toward whom you are unjust? Possibly you excuse yourself with the thought that you have a reason for being so. Remember, in the sight of God there are no such reasons. You have one important reason for being just toward every one: this reason is the will of God.

Do not let any thought of injustice come into your mind and attempt to justify itself.

Do justice to the afflicted.—*Psalms 82:3.*

TUESDAY, JULY 16

Today's Inspiring Word: *The law of Christ now operating in my life is the law of peace, health, and plenty, forever annulling any power of inharmony, disease, or lack.*

WE MUST give up all belief that disease or lack can exist, that it can operate in our lives as law. We should never think of ourselves as under the spell of bad luck or as under some law of misfortune. Remember, adversity or evil can have no law, since law is entirely the property of God, the good.

The law of Christ frees us from all belief that we are under a law of limitation. Christ's law is one of freedom. It frees us from all bondage to so-called laws of the flesh—laws that bind, laws that subjugate us to themselves.

God, as divine principle, as the law of good, is the law under which man is placed in order that he may learn to express more and more of the divine attributes. God has placed man under this law of good; consequently man is most at ease, is happiest, and is healthiest when he is conscious of the working of divine law.

We should think of ourselves as being always under this law of love, freedom, health, and plenty, and be willing to be governed by it at all times.

So fulfill the law of Christ.—*Gal. 6:2.*

Today's Inspiring Word: *Now is the only time. I realize that the present moment is the time to be happy and healthy.*

THE BELIEF in time belongs entirely to the world of events. In Truth, there is neither past nor future. There is only the glorious now. There is only the present moment, the time of Spirit.

We cannot look to the past or to the future for our enjoyment of life. There is only the present for those who would live in the time of Spirit. In the time of Spirit we realize that joy and health belong to the present moment.

Now is the only time. The past and the tomorrow exist entirely in their relation to the present. The present time must always be the true standard of time value, and all things must be reckoned according to the present time.

Living in the present moment helps us to cure ourselves of the habit of procrastinating. If we cease to live in the tomorrow, we do not put off doing things until tomorrow.

Living in the present keeps us youthful. We do not count years when we know the truth of the present moment and realize that in Truth there is only the glorious now. Living in the now we find that we are truly living in Spirit.

And sware by him that liveth for ever and ever . . . that there should be time no longer.—*Rev. 10:6 (A. V.).*

THURSDAY, JULY 18

Today's Inspiring Word: *On my path, God's way, there are no difficulties or obstructions. My way is a way of peace, joy, and success.*

IF WE individually think of the path that we follow as one upon which there are hindrances to our advancement, we make a law of limitation for ourselves. We find that if we expect difficulties everywhere we shall encounter them. We see that our own obstructing thought makes obstructions for us.

God's way for us is a way of peace, joy, and success. If we continue in this way we are sure to abide in all these. If we find what is God's will for us and try to do that will, we are certain to find an easy way to fulfill it.

We need to clear our minds of all belief that difficulties beset us. We need to keep our thought clear and to know that in Truth there is but one way ahead of us, a way of joy and success. How natural it is that we, as sons of God, should be peaceful, joyful, and successful!

The way of Spirit is a short cut to happiness and success. There are no mistakes to be rectified, no steps to be retraced.

God's way for us is the ideal way that we have often desired.

God *is* my strength *and* power: and he maketh my way perfect.—*II Sam. 22:33 (A. V.).*

FRIDAY, JULY 19

Today's Inspiring Word: ***I am unfettered and unbound, triumphant! glorious! splendid!***

This statement is the Silent Unity Illumination word to be used from July 20 to August 19.

THE light of Truth shining in our consciousness causes us to see ourselves as we exist in Truth, free and unbound. We find that we are not in bondage to beliefs of the past, beliefs in limitation, beliefs that would bind us to adverse conditions. The light of Truth illumines our consciousness and causes us to behold ourselves as we exist in Truth.

This lesson on illumination serves to release us from the many limited beliefs that would bind us to a limited life. How our souls cry out for release from limited beliefs if we have allowed ourselves to be bound by them! How our hearts rejoice when we learn Truth, and are able to free ourselves from bondage to adverse thoughts!

Unfettered! Unbound! Triumphant! Glorious! Splendid! In Truth we are now illumined by the light of Spirit and are free in the freedom of the perfect life of Spirit.

Seeing it is God, that said, Light shall shine out of darkness, who shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.—*II Cor. 4:6.*

SATURDAY, JULY 20

Today's Inspiring Word: *Jesus Christ sets me free from the fear of sin and sickness, and the word of God restores me to harmony and health.*

This statement is the Silent Unity healing word to to be used from July 20 to August 19.

BY GIVING man the great truth of life, Jesus Christ gave him that which would set him free from the belief in fear, sin, and disease. Jesus Christ knew that the Christ consciousness puts an end to the belief that fear, sin, or sickness can have power over man.

Since fear lies at the back of all adverse belief, we must remove fear from our consciousness by knowing that the thing that we fear has no place in God's world of good. If, instead of being afraid of evil conditions, we fear, honor, and respect the name of God, we shall find our world filled with that which is of God, that which we love and honor.

There is power in the word of Truth to erase all belief in adversity from our minds and our bodies. The word of Truth spoken from the spiritual consciousness—the realization that God is all in all—removes every belief that sin, fear, or disease can have power.

But unto you that fear my name shall the sun of righteousness arise with healing in its wings. —*Mal. 4:2.*

Today's Inspiring Word: *Jesus Christ sets me free from the fear of poverty and lack, and by the word of God I am restored to prosperity and plenty.*

This statement is the Silent Unity prosperity word to be used from July 20 to August 19.

IN THE freedom of Christ we must think of ourselves as free from poverty and lack. Free in the knowledge of Truth, we are free from those beliefs that bind us to limitation in finances. Knowing the Truth of Christ, we cannot think of ourselves as under any bondage to failure.

Fear of poverty is replaced by the consciousness of prosperity when a person knows the great universal Truth of being. Since he could not be free if he were bound to fear and lack, he must realize that in knowing Truth he also has freedom from fear and lack. Instead of being afraid and anticipating disaster in finances, he must learn to trust God and to expect success and prosperity.

Declaring the word of Truth causes us to become conscious that in the world of Truth, the world of God, there is neither fear nor lack. By the word of Truth we enter into the realization that prosperity and plenty are on every hand.

Now therefore fear ye not: I will nourish you, and your little ones.—*Gen. 50:21.*

Today's Inspiring Word: *I relax from all feeling of tenseness in mind or in body and rest in the assurance that all is well.*

TENSENESS in mind comes from entertaining beliefs that cause resentfulness or fear. If a person resents and resists persons and things he throws himself into a state of mind in which he seems to be tightening up both mind and body in order to fortify himself against the thing or person that he resists. If he entertains fear, the tightening-up process is but an exaggerated drawing away from the thing or person feared. Fear of the outcome of future events may also cause a subconscious tenseness that becomes evident throughout the physical organism.

Of course, the remedy for tenseness is relaxation. One's thought must be corrected, however, before complete relaxation can take place. The belief that has caused tenseness must be unmasked and replaced by the truth that relaxes. The truth that man is unaffected by persons and things must be realized; the truth that man is the peaceful, all-powerful son of God must be understood.

Abiding in the truth that all is well, we find that things of the external world are all right and just as we would have them be.

They rest in their beds, each one that walketh in his uprightness.—*Isaiah 57:2.*

TUESDAY, JULY 23

Today's Inspiring Word: *The joy of the Lord in me makes my joy constant and eternal and I am joyful through all situations.*

WE SHOULD think of joy as coming from Spirit and, therefore, as unaffected or unchanged by things external to us. If we know this truth and abide in the constant and eternal joy of Spirit, we shall not be sad at times and joyful at others. Remember, joy is God's will for us.

Joy that is founded upon the pleasant situations of the outer life is but a fleeting joy. It is not based upon Spirit and, therefore, is changeable. If we think that external things have power to make us joyful, by the same reasoning we think of them as having power to destroy our joy. If our joy is established in Spirit, then things of the outer world will partake of the joy that we feel within us.

Begin the day with the consciousness of joy and see how all the situations of the day seem to contribute to your joy. You will feel master over all situations and will be able to extract joy out of them.

The practical Christian must be joyful. He must give up all belief that sadness has any place in the Christian life. The truth of Christ, if rightly understood, causes us to be joyful.

Ye rejoice greatly with joy unspeakable and full of glory.—*I Peter 1:8.*

WEDNESDAY, JULY 24

Today's Inspiring Word: *I praise God that my good fortune continues to increase and to multiply.*

PRAISING God for the good that we have soon causes us to discover that we have more good for which to be thankful. As we praise our good, we find that more good comes into our consciousness to be praised.

If we continue in the consciousness of praising good instead of finding fault with evil, we discover that there is in Truth only good. The same thought energy that has been given to finding fault is now given to praising good.

Every person has something for which to be thankful, something for which he can praise God. As he continues to give thanks for that which seems to be insignificant, he makes the discovery that he has more to be thankful for than at first appeared.

Always be willing to praise another's good qualities. By doing so you will help him to overcome characteristics that are undesirable.

Praise is magical in its work. Through praise, we cause good not only to appear where it has not been visible but also to flourish in greater measure.

From the rising of the sun unto the going down of the same
Jehovah's name is to be praised.

—*Psalms 113:3.*

Today's Inspiring Word: *I cease to think thoughts of evil and limitation, so that the mind of God in me may fill me with thoughts of peace, good, and power.*

IF A person did not have an ideal by which he could measure his thinking he would find that his thoughts would be more or less out of his control. The mind of Truth, the mind of God, is the high ideal by which the student of Truth or the practical Christian gauges his thinking. This answers the popular question, "Why do Unity students lay so much stress upon discovering what Truth is?" We can see that if a person would seek to live in harmony with God and life, he must know what the truth of life is, what the very Truth of God is.

Knowing what Truth is we must use it as a pattern for our own thinking. We must give up thinking thoughts not based upon Truth and must think those thoughts that are in keeping with Truth. When we give up thinking thoughts contrary to God and Truth and think only thoughts of the mind of Truth, our lives are in complete harmony with God and infinite being.

The mind of God is the very foundation and essence of our minds.

That the mind of the Lord might be shewed them.—*Lev. 24:12 (A. V.).*

FRIDAY, JULY 26

Today's Inspiring Word: *The Spirit of newness pervades my mind, my body, and my world, and I live in a world where all things are made new.*

THE BELIEF in age belongs to the consciousness in which the Spirit of youth and newness has no part. If old and crystallized beliefs fill the mind, there is no place for the Spirit of newness. To be youthful and renewed we must let new ideas fill our minds.

The Spirit of God—the Spirit of life, youth, and newness—has power to revitalize old body cells, tired nerves, and worn-out bodies. When the Spirit of newness is felt in the body, a new spirit is felt throughout the organism. New life fills every part.

When students first take up the study of Truth, they begin to feel new life in mind and in body. Truth gives a feeling of youthful vitality unlike anything that they previously have experienced. This feeling of new life is the activity of spiritual forces.

In order to express new life, we need to give up all belief in age and to live in the consciousness of the new. Our thought must first feel the Spirit of newness if we are to expect newness to manifest in the body.

Behold, I will do a new thing; now shall it spring forth.—*Isa. 43:19.*

Today's Inspiring Word: *Christ, the truth within me, defends me from every adverse situation. Christ in me is my strong tower of defense.*

WHEN Jesus gave the Christ Truth to man He gave him that which would save him from ignorance, superstition, fear, disease, and adversity. Truth, then, may be considered a defense or protection against all the adversities that follow in the train of ignorance; lack of understanding of the Truth of life.

Knowledge of Truth is man's strongest weapon because in this knowledge the very power of Christ is operating. Before the consciousness of the Christ Truth all sense of adversity must disappear. Before the realization of the nonreality of disease, the belief in disease must go. The understanding of the truth about health, therefore, saves and delivers man from the belief in disease.

Truth acts like a strong defense. Beliefs in evil fall back before it. No belief in fear, disease, or lack can penetrate the strong defense set up by Truth. Jesus taught the truth about love, health, and plenty.

In Christ, man has a defense against every adverse belief. Christ is his defender and his savior.

Wisdom is a defence.—*Eccl. 7:12.*

Today's Inspiring Word: *The light of Truth illumines my mind and causes my body to be radiant with life, health, and light.*

TRUTH has power to dispel shadows and negations. As light, Truth illumines everything that it touches. When Truth is given place in the mind it dispels all darkness, all ignorance, all adverse beliefs. The mind becomes illumined when Truth enters it.

When Truth manifests in the body it causes the body to give up its grossness and darkness. The body begins to become illumined and spiritualized. The old concept that we have had of the body goes, and we think of it in a new light. We see it in the light of Spirit and discover that it is light, since it is but the outer expression of the inner light.

"They that are wise shall shine." They shine because they keep the inner light bright and shining. They shine because they know the truth that the body is the temple of the living God, resplendent with His illuminating presence.

Begin to think of your body according to this teaching and you will free yourself from the illnesses to which the unenlightened physical body is subject.

Thy whole body shall be full of light.—*Matt. 6:22.*

MONDAY, JULY 29

Today's Inspiring Word: *I give up every belief in the limitations of the Adamic man in order to express more fully the Christ man within me.*

IN THE Bible the man of woe, ignorance, and misfortune is called Adam. Similarly, the man of light and mastership is called Jesus Christ, the Master. Thus, in the Bible, we have the two contrasts, just as in our own nature we seem to meet them. The Bible, then, to us becomes a textbook whereby we learn the truth of the Christ man, the ideal man within us, and are able to eradicate all traces of the Adamic man.

The first man that we encounter in our experiences, in our inner development, is the Adamic, or unregenerated man. We find him with faults, failures, and limitations. Through understanding Truth we are born into a new world in which the Christ man is our ideal. We discover that the ideal of ourselves that we have always secretly entertained is really the Christ ideal within us. We have aspired to that ideal, that something which we really are in Truth.

As we cease thinking of ourselves as being Adamic, sinful, ignorant, limited, we find that we are in reality Christlike, illumined, perfect, of God.

The first man is of the earth, earthy: the second man is of heaven.—*I Cor. 15:47.*

TUESDAY, JULY 30

Today's Inspiring Word: *In the face of adverse situations I can be still, knowing that in the stillness I receive power to correct and master every situation.*

WHEN affairs of the world seem to be jumbled and confused, a person cannot allow himself to become confused in thought. He must not allow external things to affect him.

The person who has control of himself, of his thought and emotions, is masterful. When he needs to handle a situation, he is found to have sufficient power to do so. Through his self-control he lays hold of the peace and power of Spirit at the very heart of his being. In the stillness of the great within he contacts the very power of God.

When we have a confusion of some form in our lives we see the necessity of an inner stillness from which the solution of our problem must come. At such a time, our salvation lies in getting perfectly still so that in the inner silence we may receive instructions as to what to do and also receive power to carry out the instructions.

Before the silence of Spirit all things must be restored to silence. The turmoil of the outer world is stilled when we enter the consciousness of the powerful silence of Spirit within us.

Their strength *is* to sit still.—*Isa. 30:7 (A. V.).*

Today's Inspiring Word: *Knowing the truth of my inner being, I can permit nothing false and untrue to God, the principle of Truth, to exist in my life.*

WHEN we know the truth about health we do not believe the falsehood that disease has power or reality. Knowing the truth that man is the son of God we do not believe the lie that man is weak.

If we know the truth that God is the source of prosperity and that we are constantly at one with Him, we cannot believe the falsehood that we can ever lack prosperity. Knowing the truth about prosperity puts an end to the false belief in lack.

Knowledge of Truth annihilates the existence of any erroneous belief. If we have believed a falsehood about ourselves, we correct the falsehood through knowing Truth. We must remember that that which is true according to appearances may be false according to Truth. According to appearances man may manifest disease, but according to Truth man is the image and likeness of God. Only by holding to the absolute Truth are we able to make the perfect demonstration.

Our salvation from false belief lies in the power of Christ, enlightened belief.

He that uttereth truth showeth forth righteousness.—*Prov. 12:17.*

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The Spirit of truth inspires and illumines me.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Ave., Kansas City, Mo.

REFLECTIONS

In the faces of those whom you meet you catch a reflection of your own inner countenance. If you are a flasher of light, your beam will dispel the clouds that gather about those whom you have encountered. If you are awakened to the light, you will see beautiful faces shining through the frowns, for these faces will but mirror the joy of the Christ in them, greeted by the Christ in you. Wherever you gaze you will see the reflection of your own indwelling Christ. He will see Himself mirrored in the universe, in the faces and hearts of men, and you will pronounce all things very good, very beautiful. The world will partake of heavenly perfection when you behold your Christ—Truth, life, and love—shining back at you wherever you go, wherever you gaze.

LIFE

EDGAR A. GUEST

Live for the minute, live for the hour,
Live for the bud and live for the flower.
Live for the baby, live for the lad,
Take what life gives you today, and be glad.
What if this minute you're troubled and glum,
Something worth waiting for surely shall come.

Live for the laughter that rings in the hall,
Live for the friends who will drop in to call.
Live for the help which your strength can bestow,
The friend you can be to some others you know,
Live for the wrong you may some day set right,
Live for the morning and live for the night.

Live out the burdens and live out the cares,
Live for the harvest which summer prepares,
Live for the task and its prize to be won,
The joy of achievement when toiling is done,
Live and rejoice that God made you a man
And gave you a share in His infinite plan.

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THE RELIGION OF LOVING HEARTS AND SMILING FACES

IF A LOVING heart and a smiling countenance were prerequisites to membership in the Christian religion, would you belong? In the past, Christianity has not always been associated with smiling faces. The religion of medieval times and even that of our immediate forefathers seemed to be one in which smiles had no place and joy was discouraged.

I recall leaving a church one morning after a sermon on some subject such as "The Sorrowing Christ," in which Jesus was depicted as a man of sorrow and tears and we were exhorted to follow in His footsteps. A little girl in the vestibule of the church looked up at her mother and said, "Mother, didn't Jesus ever, ever smile?" The simple question came as a challenge and a rebuke to the pessimistic philosophy that had just been disseminated from the pulpit. Of course, everybody that heard her smiled. The child, innocent little messenger of Truth, was like a beam of sunshine shining through musty walls of ecclesiasticism.

The pictures of Jesus usually take on the national characteristics of the persons who have painted Him. Similarly, the person with darkened countenance, he who goes the stony path in life, is sure to paint a word picture of Jesus as sad and sorrowing. He easily follows in the footsteps of his "master." The truth is that he but goes his own way, the way

of suffering and sorrow, and seeks to take Jesus with him.

When Jesus came to a race bound to self-imposed beliefs in evil and disease, and saw how easily He could disillusion man regarding the power of evil, do you not imagine that deep down in His heart He smiled? Even though your heart is filled with compassion for the little child who has false and bewildering notions about life, do you not often smile at its beliefs?

A man once told me that during some occult studies and experiences he left his body. He said that the things that he saw his friends do and the emphasis that they gave to trivial matters were appalling. Previous to this experience he had been quite a pessimist, a man of sorrow. In this peculiar situation he saw life from an entirely new angle. He saw the nothingness of fear, hate, and evil. He tried, while in his disembodied condition, to convince his friends of their mistakes, but they could not hear him. They were so weighed down by beliefs in evil that they could not hear the truth. He said that when he went back into his body he also found himself again in a certain heavy-mindedness, a state of mind heavy with material beliefs. Then he resolved to throw off this heaviness by changing his beliefs. With difficulty he succeeded in catching the view of life that he had had when out of the body.

Having left the body like a person in death, he made the occasion one in which he took hold

of life anew. He was like a person who becomes reincarnated. He refused to be a pessimist. He refused to believe in evil, hate, fear, disease, and death. He was no more a man of sorrow. His Christianity was no longer a religion of adversity. His Master was no longer downcast and downtrodden. His Jesus was a Christ of love, life, and joy. He followed in His footsteps. He had found a religion of loving hearts and smiling faces. He had discovered the truth and the joy of Christianity.

The belief that some person or some event can make you unhappy, the fear of the future, the subconscious dislike for some one who has not done as you thought he should do, the belief in nerves, the belief that you must suffer—these beliefs belong to the philosophy of darkness, the religion of pessimism. Shake them off! Refuse to let your mind, soul, and body accept the ignorance of the past, the superstitions of religion and of medicine, as Truth. If your friends accept Jesus Christ as a man of sorrow and choose to go the stony way, you should go in the opposite direction. Go the way of love, life, and joy—the way to heaven. Take Jesus Christ as a companion of love and joy, regardless of arguments to the contrary.

Educate yourself to laugh and smile at the foolish beliefs of the race. You will find that your smile will cause the clouds of despair to vanish. At the heart of your being, the sun of Truth will be shining through you. The very Christ of God within you will smile.

You will be like a person on a sun-tipped peak who feels himself above the clouds in the valley. The consciousness of love and joy cannot be dimmed. The religion of a loving heart and a smiling face will be for you an open-sesame to all the blessings in life.

What would it profit a Christian to know all the dogmas and traditions of Christianity if he did not know the religion of love and happiness? What is of greater value, the knowledge of how to live the sunny life or the knowledge of dogma? Remember that the religion of pessimism is also the religion of disease and death. The religion of love and joy is life eternal.

Do you know that you know life and the world only through your thoughts and reactions? Your mind makes contact with the world about you. If your thought is darkened and your attitude one of pessimism, how can you expect the sunshine of life to flood your soul? If you look at the world through the dark glasses of prejudice and pessimism, how can you see life in its true beauty?

If you are so engaged in looking upon the crucified Jesus that you cannot see the risen Christ, if you are so busy looking earthward that you never gaze heavenward, how can you behold the glory and joy of a radiant life? Make your mind an open and unobstructed channel through which the joy of the Lord can be expressed, and you will find yourself filled with joy.

Physiologists tell us that sorrow is depressing and that it slows down the life forces of the body. Those who become the victims of grief find that they manifest ill health. We can readily see that a religion that emphasizes sorrow could not be a religion of health.

Have you ever noticed the love and the sunshine expressed by a person who discovers Truth? The newly found teaching dissolves all his adverse beliefs. He has no black and heavy thoughts about life. His mind is like a crystal through which sunshine passes.

Not long ago a person said to me, "I believe the world has had enough of Pollyannaism and this business of smile-and-the-world-will-smile-back-at-you stuff!" I agreed with him to an extent, because his point was based upon superficial smiling. The set and frozen smile that does not have back of it real love and joy is as unpleasing as Victor Hugo's laughing man. But even the manufactured smile shows a determination to smile at trouble, despite the fact that there is not the understanding of Truth back of it. Smiling at little situations in life will give us power to smile at those that are more serious.

If our religion is deep in the heart, firmly established in love and Truth, smiles will easily come. It is easy to smile when we know why we are smiling. It is easy to love when we realize that love is the power that overcomes and transforms into good all that is unlike itself. Keep loving and keep smiling!

HIS ANGEL SAW NO SIN IN HIM

CLINTON E. BERNARD

"But I have sinned," he dully said.
"The wrong is done.
My head is bowed with cause for shame:
Betrayal of a bosom friend; my mother's grief;
My sweetheart's disillusionment and pain.
There is no way for me to make amends."

His angel asked: "Why waste regret
On what you would forget? Why woo
Remorse and leave delight to pine away?
More sensible to do the thing that brings back peace
To those whom you have robbed of peace.
There is a thing that you can do
To ease the hurts of those who gave to you their love—
And whom you should have loved;
One consolation you can give
To God, to mother, sweetheart, friend:
You yet can be the man they thought you were."

He pondered long, this man of woe, then made reply:
"You're right. To be a man—
That is the biggest debt I owe,
The only debt they ever wanted me to pay.
God helping me, I'll be a *man*."

"God always helps," his angel said.

IS IT RIGHT TO BE UNHEALTHY?

DOES not our present-day understanding of the relation between psychology and health give us such a conviction that the thinking of evil thoughts produces disease that the race will ultimately consider it wrong to be unhealthy? When that which metaphysicians know at present becomes universal knowledge, will not disease become the badge of a wrong and unhealthy thinker?

Since the metaphysician proves for himself that the thinking of good and spiritual thoughts will restore him to health, does he not at the same time prove that unhealthiness is the product of wrong thought? Instead of the present-day habit of discussing diseases and operations, will not conversations in the future avoid reference to these evidences that one has been guilty of wrong thinking?

Do you not think that universal knowledge of the relation between wrong thought and disease will eventually cause the person who manifests disease to want to keep his friends from knowing that he has thought evil thoughts and, thereby, has caused unhealthiness, disease, and weakness to appear in himself? If thoughts of hate, envy, selfishness, or lust have caused his heart to be weak, a tumor to develop, his eyesight to be dimmed, can he take any interest or pride in pointing to his infirmities, or hope thereby to elicit the sympathy of his friends?

Will the person whose hoggish thoughts and appetite have caused him to be hoggishly fat be considered "as fat and as healthy as a little

pig," or will this evidence of his unbridled appetite classify him to all observers as one of the selfish and the greedy? Will not the person whose avaricious thought causes enormous growths in his body be led to see that removing the growth will not change the mind that has produced it?

In the future will not the minister who is unhealthy have difficulty in convincing his flock that he lives close to God, when God is universally recognized as life and health? Will not the religious worker whose physical appearance is forbidding fail to convince his followers that he knows Truth and his divine sonship?

Is not present-day intelligence of the relation between psychology and health, mind and body, bringing us to the place where we see that there can be no separation between the science of health and the philosophy of religion? Will not living near to God bring us a perfection of health that we have always idealized? Will not unhealthiness in us be universally recognized as a result of our living apart from God, regardless of what we would have others think concerning our spirituality?

Will not future generations think of the Bible not simply as a book of morals but as a book of morals and of health? Will not the deeper teachings of the book now recognized by the few be universally understood? Will not this mystery book, with undusted cover, become the storehouse of all wisdom, offering the solution to all man's problems, showing him the

way to peace and plenty, disclosing to him his divine sonship and his right to perfect health?

If it is good for man to think heavenward and to show forth physical perfection, is it not wrong to think earthward and to be unhealthy? Will not the future give us more doctors of the mind and of the soul, and fewer doctors of disease? Will not healing in the future be concerned not with healing or changing only the physical but with healing and changing first the thought?

Will not the newly discovered truths of the Bible and of practical Christianity give us fewer "walking graveyards" and more "pictures of health"? Will not the unhealthy person be the exception rather than one of the majority? Will not the day come when the diseased person is as much a rarity as a horse and a buggy in a modern city are now?

When it becomes universally recognized that it is wrong to be unhealthy, shall we not be forced to discipline our thinking? Will not the person who cannot or does not think good thoughts be an outcast? Will not the person who thinks himself into disease find that he is denied the companionship of those friends who think good and wholesome thoughts?

Do you know that the healing truths of Jesus that were formerly recognized and emphasized only by what was called "a healing cult" are now accepted and promulgated by intelligent educators, writers, and ministers? Do you recognize the fact that practical Chris-

tianity is taking the world by storm, and that its truths of health are being shouted from the housetops?

Have you seen that your obligation to this movement that preaches the doctrine of health and practical Christianity is a very serious one and that you need to understand these teachings and to make your physical demonstration right now? Do you realize that those who are the advance guard of this knowledge must wipe from their lives every evidence of disease and unhealthiness?

If you are the image and likeness of God, can you be content to have that image and likeness appear as the image and likeness of acne, pyorrhea, rheumatism, or gout? Since you know the law of right thought and spiritual power, can you allow yourself to be overpowered by beliefs that weaken the body and cause it to go the way of disintegration and death?

Does not the very consciousness of good, health, and life forever remove any belief in your mind that it is not wrong for you to be unhealthy? Do you not innately feel that your body can be lifted up as you go higher and higher in your understanding of spiritual truth, just as the body goes down into the grave for him who fails to understand and to apply Truth?

Is it right to be unhealthy?

You must answer this question yourself, for yourself.

My Realization for Today: *The Spirit of God, my higher self, guides my thoughts and directs my steps into that which is for my highest good.*

HAVE YOU discovered that within you is the power that will lead you out of inharmony and limitation into your highest good? If your life seems to be in confusion, get out of the chaotic state of mind that produces confusion. Get very still and feel the Spirit of life at the very heart of your being. Seek to so contact it that you realize your oneness with it.

The Spirit of God within you will impress your mind with those ideas that will guide you into your highest good. You will be directed out of what seems to be confusion, lack, and despair. You will have revealed to you a vision of your supremacy, your blessings.

The higher self within you—the something that has never been affected by personal limitations, beliefs in external powers, thoughts of evil—is your relation to divinity. This selfhood is God in your midst, God with you, Immanuel.

Your good cannot be hidden from you when you are willing to be led into its presence. You must give up all doubt and fear, and trust the Spirit of God to direct and guide you.

The hand of our God is upon all them that seek him, for good.—*Ezra 8:22.*

My Realization for Today: *I am free from every self-imposed limitation, because I know the truth of my perfect freedom.*

HOW EASY it is for the person without knowledge of Truth, without knowledge of his perfect freedom, to allow himself to be in bondage to beliefs in limitation! This is true because without the corrective power of Truth, without the knowledge how to correct limited beliefs, he falls into the error of thinking of himself as bound to limitation.

Do you have the habit of thinking limited thoughts about yourself? Are you inclined to think such thoughts as, "I would like to do this, but I am not able to do so"? Do you think of your health in this way, "I have felt bad all these months and shall never feel better"? Do you not see that so long as you make a connection with limited thoughts and conditions of the past you will continue to be bound by your beliefs in limitation?

Your freedom can come only by ceasing to think limited beliefs and by giving yourself the power and stimulus of knowing the truth about your freedom and your innate ability. In the freedom of Truth you will find your power to succeed.

Ye shall know the truth, and the truth shall make you free.—*John 8:32.*

My Realization for Today: *I refuse to be anxious or worried. I rest in the confident assurance that only good can come to pass.*

WORRYING belongs to that consciousness in us in which things of the external world seem to have power over us. We think of these things (or, possibly, persons or events) as endowed with more power than Spirit within us has. In this consciousness we magnify external things and minimize the power of Spirit.

In the consciousness of worry, the belief that time has us at its mercy will be found. There is also the thought that the help that we are expecting will be delayed. Sometimes the thought comes to us that experiences of the past will be repeated. Likewise, both the past and the future appear to provide cause for worry.

In the consciousness of Spirit, the consciousness in which we do not worry, we know that only good can come to pass since God, the good, is all in all to us. In this consciousness we live apart, *i. e.*, free, from things of the outer world: we know that they are powerless. We live detached from values of time: we live in the eternal now. We live in the realization that God, the good, is the only power and presence. We behold Him appearing as our help and salvation.

Be not anxious for your life.—*Matt. 6:25.*

My Realization for Today: *Looking away from the appearance of lack and limitation, I behold the reality, abundance, and perfection of God.*

REGARDLESS of what appearances may be, even though they be appearances of lack and limitation, they must be appreciated for what they are and must not be thought of as belonging to the world of reality, the world of God, since they do not merit such recognition. If we think of limitations as being real we cause them to be related to us just as closely as realities. If we think of lack or disease as real, then we cannot hope to rise above lack or disease or to remove either one from our life. If negative appearances are looked upon as realities, we cannot expect to have them give way to better things.

In Truth we think of God's expressing Himself as life, love, peace, and plenty as the only reality.

In your study of Truth, learn early to distinguish between the appearances of limitation and the presence of spiritual blessings. Learn to look beyond the appearance of lack and to behold God manifesting as a rich blessing in your life.

The things which are seen are temporal; but the things which are not seen are eternal.—*II Cor. 4:18.*

My Realization for Today: *God's presence is about me, and everywhere I find evidence that He is blessing me.*

INFOLDED in the very presence of God, we are surrounded by His blessings. In His presence there are peace, life, health, and plenty. When we are in spiritual consciousness, we realize that His blessings are being showered upon us constantly.

The most insignificant situation may yield a blessing to us when viewed in the light of Spirit. A situation that would appear void of all possibility of blessing may be transformed into one of great good when beheld through the eyes of Spirit.

The secret lies in not letting situations master us but commanding them through spiritual understanding. The situation should never be accepted for just what it appears to be. It should be taken at the value stamped upon it by Spirit.

Just as Jesus spoke to the lifeless Lazarus the mystical words, "Come forth," so must we say to the unrevealed blessings of God, "Come forth"; thus we shall cause the life and substance back of them to appear as our blessings.

Jehovah thy God turned the curse into a blessing unto thee, because Jehovah thy God loved thee.—*Deut. 23:5.*

My Realization for Today: *I cease to think of my body as imperfect or diseased. My body is the temple of God, radiant with His presence, life, and health.*

YOUR IMPRESSION of your body is either that it is something subject to disease and weakness, or that it is the temple of the Holy Spirit. You think of your body either as flesh and, consequently, as subject to the woes of the flesh, or else as the temple of the living God.

Beliefs in disease objectify themselves in the body as disease; the knowledge of spiritual truth objectifies itself as a spiritual expression, a perfect manifestation. We can see the importance of thinking Truth if we hope to be healthy. We see how necessary it is to think of the body as perfect even when it may not appear to be so, if we are to arrive at its perfection.

Those who do not know Truth may point out to you the apparent imperfections of the human body, but the teachings of the Bible will reveal to you the truth of bodily perfection. The very Spirit of truth tells us that if man is the image and likeness of God, who is perfection, his body should show forth perfection.

Know ye not that your body is a temple of the Holy Spirit which is in you . . . glorify God therefore in your body.—*I Cor. 6:19, 20.*

My Realization for Today: *I do not think of my eyes as weak or failing to do their work. Through spiritual vision I behold all things in Truth, and my physical eyes are strong and perfect.*

WHEN a person exercises spiritual vision through spiritual understanding he is inclined to say, "I see!" In the higher realms of Mind and Spirit he beholds the truth and reality about the thing considered. Now, since all sight is primarily mental, it follows that mental clarity is an aid and a stimulus to clear vision. By seeing through the mind's eye, the physical eyes are relieved of strain.

Remove from your eyes the belief that they are weak or imperfect. Know that in Truth they are spiritual, strong, and whole. Think of your physical eyes as inseparably joined to your spiritual vision. What is true of the perfection of your spiritual sight must be true of your physical eyes if you think of them according to Truth.

Cease to strain your eyes when trying to see. Know that you do not have to struggle to see. Relax and know that, through Spirit within you, you have power to see all things clearly and distinctly.

One thing I know, that, whereas I was blind, now I see.—*John 9:25.*

My Realization for Today: *I carry into my work the spirit of optimism, efficiency, and prosperity, and my business manifests the character of Spirit in all ways.*

THROUGH OUR understanding of Spirit we can bless our business or profession and cause it to express the things of Spirit. If a business is not successful, we think of it as low in spirit, just as a person who is ill or depressed is spoken of as being spiritless. The presence of Spirit in our work gives it new life, success, joy, and prosperity. When we realize that the presence of Spirit is at work in our affairs, we find that wisdom, order, and justice are there also.

We should always think of what we do as being the work of Spirit, expressing itself through us. We should think of our work as having a definite place in the great universal scheme of life and as being definitely related to the great plan whereby Spirit is causing its mighty forces to be established in the world. Even though the work that we do may appear to be insignificant, if we are established in the consciousness of Spirit we know that Spirit is working in and through us, expressing itself as success and prosperity, causing more of itself to be manifest in the world.

My Father worketh even until now, and I work.
—*John 5:17.*

My Realization for Today: *There is nothing in all this world for me to fear. In the consciousness of the omnipresence of God, the good, I am fearless and courageous.*

WHAT CAUSES most unhappiness in the world? What is the power that prevents men from expressing themselves and so from rising higher and higher? Fear—in some form or other. There is fear of this or fear of that. Often fear is so subtle and so secret that it can scarcely be detected.

The fears of childhood, often implanted innocently by parents, may increase to such proportions that they hem in and limit the expression of life until living may be totally without any sense of freedom. Fear is entirely mental, and is a phase of personal consciousness. The fears of one person are not those of another. The relief from fear can only take place in the mind.

When the student takes up the study of Christian psychology and practical metaphysics he soon finds that he loses a great deal of his fear. Seeing things according to the new point of view causes a mental transformation. The belief in fear is overcome. The truth of man's fearlessness and courageousness in Spirit is discerned.

Being therefore always of good courage.—*II Cor. 5:6.*

My Realization for Today: *Through the working of the Spirit of truth in my life, I am delivered from every adverse experience. God is my deliverer, my salvation.*

KNOWLEDGE of Truth saves us from the results of ignorance and superstition. If we believe that the experiences brought into our lives through ignorance of God are caused by God we show our lack of knowledge of Truth and our need of it. Adverse experiences are purely self-imposed. They cease to come to us when we know God, the Truth.

Knowledge of Truth delivers us from adversity, because in Truth we rise out of and above negation. In the heavenly consciousness we are delivered from earthly experiences. The Spirit of truth—the vital force operating in spiritual consciousness—is our deliverer. Just as knowledge delivers a person from the pitfalls of ignorance so does the Truth of God deliver us from the adverse experiences of personal consciousness.

When a person who has experienced adversity rises to the heights of spiritual consciousness, he finds that God has delivered him from those things and experiences of the world and the flesh.

God is unto us a God of deliverances.—*Psalms 68:20.*

My Realization for Today: *I do not judge according to personal standards. I do not pronounce judgment upon any person. Through spiritual judgment I judge man according to his innate perfection.*

HAVE YOU ceased to pronounce judgment upon other persons? Have you arrived at that consciousness in which you do not criticize or condemn? Can you judge according to the judgment of the absolute, the truth of man's innate perfection?

Your judging another person shows that you are still in personal consciousness, living as yet according to personal standards. The power to rise above personal judgment is the mark of your living in the impersonal Christ consciousness.

To take notice of the seeming imperfection of another is to believe in the reality of an imperfect man. If held in mind, such a belief would tend to weaken your faith in Truth. You cannot believe that man is created in the image and likeness of God and, at the same time, believe that man is at any time short of divine perfection.

Our deliverance from personal consciousness is assured when we refrain from judging personalities.

But with me it is a very small thing that I should be judged of you, or of man's judgment.—*I Cor. 4:3.*

OPTI
A
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The optimist will see the sun, the pessimist th
To one, life is a paradise; to one, it is a bog.
The idealist will find a flower, the botanist a
The mystic sees a heaven, the reformer sees a

The pessimist can see no sun, h
He would convince the optimist
The mystic cannot see a sin, a p
His eyes are firmly fixed on Goo

Now if you are a pess
First discipline your m
Your plaintive song w
You'll find, where onc

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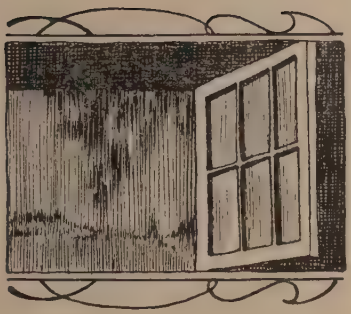

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es behold no light;
outlook is not bright;
an evil—hell;
knows that all is well.

t and want to change your view,
and eyes to see the good and true.
urn to joy, your knocks will change to cheer;
u saw the bad, that heaven will appear.

My Realization for Today: *God, the good, occupies first place in my life. I take my thought off evil, knowing that in my world—the world of God, the good—there is only good.*

IN ORDER to remove evil from our lives we need but to rise out of the belief in it. If we would replace evil with good we must replace belief in evil with belief in the power of good. Our believing in the power of evil to make itself appear as reality and to cause us to recognize it as such is sure to deliver us right into the midst of evil conditions.

We break the connection between ourselves and evil when we break up our faith in it. When we cease to recognize it as something it becomes as nothing. When belief in evil is transformed into belief in good, outer conditions that have appeared evil likewise become transformed into good. We discover that the only power back of the evil condition is the sustaining power of our belief. When this is withdrawn there is nothing to support evil and it falls into nothingness.

Discover that evil is simply a belief and you will find how easily it can be removed from your life.

Hold fast that which is good; abstain from every form of evil.—*I Thess. 5:21, 22.*

My Realization for Today: *I do not look to any future time or to any distant place for my happiness. I know that here and now I am in the midst of God's omnipresent heaven.*

IF WE think of heaven—the fulfillment of our desire for joy, happiness, and perfection—as lying in the distance with respect to time and place, we naturally tend to push it farther and farther away from us. If heaven is thought of as being something away from us, something in the future and in the distance, it will indeed be so. It will be found to be something that eludes us, since our thought of the future tends to elude the time of the present.

If you would enjoy heaven you must find the passport to it in your developing a heavenly consciousness. You must remove from your thought all belief in conditions that are unheavenly. It will be necessary for you to cease to think of your world as partaking in any wise of characteristics unlike those of heaven. You must cease to think of the world, the flesh, and the devil and, in their place, you must think of God and heaven.

You build up a heavenly state of consciousness through thinking heavenly thoughts.

The time is fulfilled, and the kingdom of God is at hand.—*Mark 1:15.*

My Realization for Today: *I do not live in unpleasant memories of the past, neither do I put off the joy of living until tomorrow. I rejoice to live in the eternal now.*

THERE WILL never be a time in which opportunities for happiness and success are more abundant than they are in the present time. Every thought that you give to regretting events of the past tends to draw you away from the present and keeps you from enjoying the blessings of today. Every thought given to the future steals from you the opportunity to enjoy the eternal now.

Have you discovered in the absolute science of Spirit that there is neither past nor future? Have you found the timeless time of Spirit? Have you learned that the present moment is Spirit's time—the time to live, to be healthy, to be happy?

If you put off until tomorrow doing the things that you ought to do today, you but place them in a state of not being done. In relation to the eternal now the tomorrow exists only as a time of nonfulfillment. The duties of tomorrow may be found to take so much of your time that there is no time for those left undone today. Sufficient unto tomorrow will be the duties thereof.

Behold, now is the acceptable time; behold, now is the day of salvation.—*II Cor. 6:2.*

My Realization for Today: *The joy of the Lord in me casts out every belief in gloom, and I am radiant and joyful.*

IF A PERSON does not believe in gloom, does not think of himself as related to it, then he breaks all contact with such a belief and it is powerless to express itself in him. The person who professes to be a Christian and at one with the Spirit of Christ must exercise care that he always radiates the presence and joy of Christ within him.

When we know the truth of our oneness with God, we cannot be sad, discouraged, or disheartened. The very presence of Christ within us serves to drive out all belief in gloom. The beliefs that have objectified themselves as sadness become transformed through our understanding spiritual Truth.

Do not think of anything, any event, or any situation as having power to make you sad. Do not let yourself accept the argument that anything has power to spoil your day or to interfere with your happiness. Think of your joy as constant, as unaffected by persons or external things. Rest in the assurance that your joy cannot pass away, since it is founded upon Spirit.

This day is holy unto our Lord: neither be ye grieved; for the joy of Jehovah is your strength. —*Neh. 8:10.*

My Realization for Today: *I cease to think of myself as falling short of the perfection of a son of God, for such I am in Truth.*

PERSONAL consciousness is quite like a faulty mirror in which we can view ourselves and see distorted images. If we are inclined to look upon ourselves as distorted into imperfection and as reflecting a likeness unlike divine sonship, we may be assured that we are not seeing ourselves as perfect creations of a perfect God. In the mirror of personal consciousness there are no perfect reflections; the nature of the mirror prevents them.

In the Bible Jesus symbolizes the good and perfect man of God; Adam and Judas symbolize men of ignorance, selfishness, and imperfection—men of personal consciousness. Jesus belongs to the order of Christian sons, sons of God, those who know the Truth of God and see themselves as perfect sons of God, brothers of the Christ. In beholding the truth of our own divine sonship, we take nothing from Jesus; we but glorify Him by accepting the Christ consciousness that He established.

Do not think of the seeming sinfulness of man as divine perfection. Man must be conscious of the innate perfection of God.

He that was begotten of God keepeth himself, and the evil one toucheth him not.—*I John 5:18.*

My Realization for Today: *I have no relation to falsehood. I think, speak, and live according to the Truth of God, the Truth of my life and being.*

WE WIPE out false values in life when we cease to think contrary to Truth. We break all contact with falsehood and error when we enter the high consciousness in which Truth rules supreme. Wherein lies the power of Truth? Truth's power lies in the potency and substance of Spirit back of it—the sustaining power of Divine Mind and absolute principle.

When we declare Truth in spiritual consciousness we are working with the very power of God. The authority of the absolute is exercised through us when we speak from the consciousness of God, the unrelated, the absolute.

We think with the mind of God when we think His Truth. Against the consciousness of the power and perfection of God and of His man, falsehood limiting either God or man cannot prevail.

Living according to the truth revealed to us in spiritual consciousness causes the truth of our power and perfection to appear. The very power of God causes the truth about man to manifest into visibility.

That we may be no longer children, . . . but speaking truth in love.—*Eph. 4:14, 15.*

My Realization for Today: *The law of God, the principle of good, now operating in my life frees me from every belief that I am under any law of evil or limitation. God's law rules supreme.*

IF A PERSON does not have an understanding of Truth, if he is not conscious of his relation to the Father within him, it is quite easy for him to accept the laws of limitation established by the race. He comes under a certain law of cause and effect believed in by those who are ignorant of the higher truths of being. He believes in laws of reaping adversity, laws of disease, and a multitude of other laws that promise disaster.

Jesus, who understood the mighty truths of God in their relation to man, disclosed to man an understanding of the spiritual law—the law of joy, hope, love, life, health, overcoming. Knowledge of this law—the higher law—annuls all belief in the reality or power of a lesser law. The operation of evil as cause and effect is neutralized and rendered void when man is conscious that God, the good, alone can operate in his life and his world.

Happiness is found when we accept the law of God as governing and ruling us entirely.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death. —*Rom. 8:2.*

My Realization for Today: *I am willing that God's will be done in me and in all my affairs.*

This statement is the Silent Unity illumination word to be used from September 20 to October 19.

I DO NOT believe that God's will for me is ignorance or superstition. God's will for me is light and wisdom, and I rise to the consciousness wherein I perceive God's perfect will as now being done in me.

God's will for me is always good will. Through His will I cannot be bound to any limitation or adversity. I cannot go the way of darkness when I know that God's will is for me to go the way of light.

God's will for me is that I should be unified with Him—at one with His light and understanding. In this consciousness I know that I do not have to struggle for existence. I give up all tenseness of personal will. I give up all thought that for any reason whatever I am bound to adversity and limitation.

In my affairs I see the will of God manifest. Through the will of God I am in touch with those ideas that are now necessary for my work. Through my illumination my work takes on the character of light. It is radiant with the light of Spirit.

The will of the Lord be done.—*Acts 21:14.*

My Realization for Today: *It is not God's will that I be sick. God's will for me is health, and I am filled and thrilled with vigor, strength, and health.*

This statement is the Silent Unity healing word to be used from September 20 to October 19.

GIVE up all thought that God's will for me, His child, can be imperfection, weakness, or disease. I cease to think of God's will as being related in any way to misfortune, disease, and death. I know that there is no connection between the mind of God and the mistakes of man.

I give up all personal will, all tension, selfishness, and stubbornness. I am no longer selfwilled. I do not cause personal will to be expressed in my body as tension, stagnation, weakness, or disease. I do not hold myself apart from the will of God. God's will is always good will. This will is now expressed in me as vigor, strength, and health.

I rejoice to do the will of God. I rejoice to express strength and health. I rejoice to manifest the vim, vigor, and vitality of Spirit. In the realization that God's will is now being done in and through me I lay hold of great power, abundant life, mighty strength.

Born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.—*John 1·13.*

My Realization for Today: *It is not God's will that I lack any good thing. In the confidence that God is my unfailing supply and support I am secure in my prosperity.*

This statement is the Silent Unity prosperity word to be used from September 20 to October 19.

IN THE confident assurance that it is not God's will for me to lack any good thing I enter the consciousness of unfailing supply and prosperity. In the realization that lack cannot be a part of the will of God, who is bountiful supply, I know that in Truth I am bountifully prospered.

God's will now expresses itself in my affairs as my supply and support. God, my Father, now manifests Himself in me, His child, and I am bountifully prospered.

I confidently go forth knowing that success and prosperity come to me as God's will, and I know that I am expressing more and more of this will. God is now expressing Himself in me and in my affairs as bountiful substance. My business is the business of expressing God's will. My position is that of being rightly related to all the riches of God.

I go forth this day knowing that I am freed from all belief in lack, established in the consciousness of bountiful prosperity.

It is God who worketh in you both to will and o work.—*Phil. 2:13.*

My Realization for Today: *The Spirit of God goes before me, removing every obstacle from my path, and making my way easy and pleasant.*

IF WE have new undertakings, if our way is over new and untried paths, we should seek first to enter the higher consciousness by which we become adapted easily and harmoniously to the new life and its changes. If we anticipate obstacles we are sure to find them. If we look for difficulties we discover them.

Knowing the power of Spirit to lift us out of the consciousness and appearance of difficulties, we can enter into the higher realization wherein we know that Spirit goes before us and harmonizes every inharmonious condition. We cease to look for obstacles and are content to know that only good can appear in our paths.

When a person realizes that he is established in Spirit he finds that the very Spirit of the Lord attends him. He finds that this Spirit precedes him and makes ready his way.

Resting in the knowledge and assurance that Spirit is within us at all times, we go forth with faith and courage, confidence and conviction, knowing that God, the good, is omnipotent and omnipresent.

Behold, I send my messenger, and he shall prepare the way before me.—*Mal. 3:1.*

My Realization for Today: *I cast out of my mind every inharmonious and disorderly thought, and abide in the harmonious peace of God within me.*

A GREAT sense of peace comes to the person who has learned to discipline his thinking. In the mind of such a person there can be no place for beliefs that cause inharmony and disorder. There is no room for any thought that persons, external things, or circumstances can destroy one's peace.

Getting rid of disturbing thoughts is not a difficult matter to the person established in Truth, in the consciousness of peace. He blends his mind with the very mind of peace and quiet. Through spiritual consciousness he becomes unified with the mind of God, and God's peace pervades his being.

Learn to be peaceful with yourself. Quit quarreling with yourself. If you quarrel with yourself you cannot be peaceful with others.

Do not think of any person or any thing as having power to disturb or destroy your peace. Only your own thoughts can do this. Knowing how to discipline your thinking, you likewise know the secret of maintaining peace. You know how to draw upon the inexhaustible peace of God within you.

Peace be multiplied unto you.—*Dan. 4:1.*

My Realization for Today: *Giving up all sense of mental or physical tension, I relax with the assurance that all is well.*

SHOULD WE feel tense in mind or in body, we can relieve the condition just by getting quiet and relaxing. The state of mind that produces tension must be exchanged for an attitude of peace, relaxation, and poise.

There can be no tension in the presence of peaceful thoughts. Where there is perfect trust in God there can be no doubt as to the perfect working of God. Arriving at the consciousness of assurance that all is well, we plainly see that nothing in all the world can prevail against the working of Spirit in our affairs.

Our mental and physical tension shows that there is in us more or less resistance to things of the outer world. Tension is caused by a mental disposition to resist or a physical tendency to fight. When Truth is understood this attitude of resistance changes.

Truth helps us to relax because in the study of Truth we come into the knowledge of how to be quiet, how to enter the inner stillness, in which tension has no place and wherein calm assurance eternally dwells.

He leadeth me beside still waters.
He restoreth my soul.
—*Psalms 23:2, 3.*

My Realization for Today: *I measure all my thoughts, words, and deeds by the standard of my ideal, the perfect man, Christ within me.*

AS OUR consciousness develops, we rise out of lowly conditions into Christlikeness; we evolve out of the lower into the higher; we press forward and upward with our eyes upon the ideal which we seek to attain. Do you think of yourself as having an ideal of health and perfection? Deep down within yourself do you not feel that what you appear to be today is but a falling short of that which you are in reality? Do you not sense the reality of your Christlikeness, your spiritual loveliness, your divine perfection?

Life would not be worth living if it were not for the inner vision of our ideal, that ideal which we are attaining, that ideal which we are now in the process of becoming. Keep in mind the truth that you continue to glimpse the vision of your Christ nature until such time as you merge into the individuality of your Christhood.

Keep your spiritual eyes upon your spiritual nature even when your physical eyes may be tempted to look earthward.

Till we all attain unto the unity of the faith, and of the knowledge of the Son of God, unto a full-grown man, unto the measure of the stature of the fulness of Christ.—*Eph. 4:13.*

My Realization for Today: *I praise and give thanks for even invisible blessings, for these, too, are now becoming visible evidence of God's love.*

THERE IS magic in praise. It will lift you right out of despondency. It will cause your blessings to multiply and to increase. Praise will cause more blessings to appear in order that they may receive your praise and benediction.

Praise helps us to discover blessings that we did not know existed. Praise seems to brush aside the veil of materiality behind which our blessings are hidden from us, and reveals them in ever increasing measure.

Do you ever think that you have not much for which to be thankful? Do you let thoughts or words of discouragement cool your ardor for praise? Begin at once to find a few things for which you are thankful. Praise and give thanks for these. Then see your list of blessings increase.

Give thanks today for at least one thing for which you have not been sufficiently thankful. The spirit of thankfulness will soon reveal other occasions for thankfulness. The magic work of praise will be evident.

Bless Jehovah, O my soul,
And forget not all his benefits.
—*Psalms 103:2.*

My Realization for Today: *The Christ Truth is the standard of my thinking, and I measure all my thoughts by this standard.*

IF WE DID not have a standard for our thinking we would be content to think thoughts of any kind, regardless of their character, and to let our minds indiscriminately think evil thoughts as well as good thoughts. Christian psychology gives us a standard for our thinking, since the Christ mind is the pattern to which our own minds must conform if we are to be benefited by the Christ Truth.

Having before us Christ, the man of perfection, to whose likeness we aspire, hoping to develop within us the mind of Christ, we have no other choice than to think Christlike thoughts —thoughts of love, life, and Truth. The process is one of eliminating those thoughts contrary to the Truth of being, guarding the mind from thoughts contrary to Truth, and implanting thoughts that celebrate the deeper things of Spirit.

Since we aspire to Christlikeness—perfection in mind and in body—we must depend upon our thoughts as the means of attaining our aspiration. Every thought derogatory to Truth tends to delay our overcoming.

Bringing every thought into captivity to the obedience of Christ.—*II Cor. 10:5.*

My Realization for Today: *Doubting not, I press forward with unyielding faith—faith in God, faith in myself, and faith in the power of good.*

OUR FAITH in God, the good, unites us with Him and joins us with all that He has in store for us. When we doubt God, we break this connection and sever the relation that unifies us with our heritage from God, the Father.

Faith in God must be developed first, since all faith is based on that faith. We must give up all belief in the power of evil, disease, and lack. We must cease to think that these can have any authority over us or our lives. Our faith in God must be supreme. God is "a jealous God," demanding all our faith and loyalty.

Faith in ourselves is developed as we learn to feel the inner contact with God. We find that God expresses Himself through us. His working through us becomes so much identified with our own working that there seems to be no dividing line. We develop faith in ourselves by knowing that God is back of all that we do.

As we grow in faith, we know that the good is able to remove every trace of limitation in our lives. We cease to think of evil as anything whatsoever, knowing that God, the good, is all in all.

Be not faithless, but believing.—*John 20:27.*

My Realization for Today: *I am not a victim of belief in hate and fear. I rest in the consciousness of God's eternal love and of my oneness with His love.*

CAST OUT of consciousness every belief that is antagonistic to love. If you have any beliefs in hate or fear, get rid of them. Get rid of your little hates and fears, and most of your troubles will pass away. In rising out of the belief in these negations, you rise out of the consciousness wherein these appear as belonging to you.

Hate and fear belong entirely to personal consciousness, that consciousness in which we think of persons and external things as having power to affect us. Rising out of this personal relationship, we rise above hate and fear.

In the consciousness that God—divine love—is omnipresent, there can be no place for hate or fear. In love there is no fear. In love there can be no hate. In God there is only the presence of God, manifesting as divine love.

God's loving-kindness continues to express itself for us when we know the truth that love is always trying to manifest itself. When we cease to think that love can be successfully opposed by any other power, then we know that love in all in all.

The lovingkindness of Jehovah is from everlasting to everlasting.—*Psalms 103:17.*

My Realization for Today: *In the unity of Spirit I am unified with God—life, love, and Truth—within me and am united with all the good, manifest and unexpressed, in all people.*

IN THE unity of Spirit we are joined with all life, all things, and all persons. We are unified with the good in all these because we are joined with God within them. We have something in common with everything that expresses good, because we are inseparably identified with God, the very foundation of all that is good.

In the heights of spiritual consciousness we find the oneness of all life. We discover that we are joined with all the life in the universe. We see that we are a part of all the good. We are one with God.

This consciousness wipes out all belief in divisions and separations. A person cannot study Truth very long before he voluntarily gives up every prejudice about separations and accepts the truth of his oneness with God and with the universe of life and good.

In Spirit we make a connection with all that is spiritual, whether it be manifest or unmanifest. We are joined to all that is of God.

Behold, how good and how pleasant it is
For brethren to dwell together in unity!
—*Psalms 133:1.*

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A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

In its higher demonstration, the healing of disease will require no more effort than is now needed in the love of a mother for her child.

—Annie C. Bill.

SINCE GOD IS ALL IN ALL

Since God is all in all to me
There is no hate or fear,
For love is all there is to see
And God as love is near.
If God is really all I know
And all that fills my life,
In Truth, there is no evil thing—
No pain, no fear, no strife.

Since God is all in all to me
There is no lack of health,
For He supplies my life with good
And manifests as wealth.
If God is really all I know,
I give no thought to sin;
No impure thought, unholy deed,
Can touch the Christ within.

Since God is all in all to me
There is no time, no past,
No vain regret of days gone by,
No joy that did not last.
If God is really all I know,
With Him I'm satisfied,
And in His love I rest secure
And in His peace abide.

KEEPING HAPPY

THE SECRET of happiness will be disclosed at the very beginning of this article: *if we would be happy we must rule out of mind any thought that would destroy happiness!* We must enter the high state of consciousness in which we are above depressing beliefs. We must abide in that state of mind in which adverse thoughts gain no admittance.

When we begin to entertain some subtle belief that something can take our joy from us, we begin to betray ourselves into the hands of the adversary. To believe that any person, thing, or circumstance has power to depress us is to give it power to do so. Let us drop out of mind all belief that the thing itself has power over us and realize, in treatment, that only the belief in its power can affect us. We can then see readily that only our mental reaction to a situation can give us joy or pain.

If you had planned some little excursion for a sunny day and it was raining this morning when you woke, were you unhappy? Did you let innocent little raindrops spoil your day? Did you let the belief that raindrops could make you unhappy cause your joy to be changed to sorrow? What if you had been on guard and had refused to be depressed? What if you had realized that raindrops could not dampen your spirits? What if you had realized that your spirit of joy could not be affected by weather or by beliefs in weather?

Remember that happiness is your natural

state. Do not take the attitude that your normal state is depression and that happiness comes to you only at rare intervals. In Truth you are God's perfect expression of happiness and joy. In reality nothing of the external world—neither person, thing, nor event—can interfere with God's manifestation. There is only one thing that can cause you to lack joy, and that is your belief that external things can take joy from you. Remember that your relieving yourself of depression comes through your recognizing that you must deal with beliefs. At the very onset of an attack of depression you must change your thought. You must exchange the belief in depression for the truth about your eternal joy in Christ!

Prominent among the beliefs that tend to destroy happiness are those centered around other persons. The thought that other persons can distress us often takes joy from us, if we have not learned the truth of the situation. Then there is the belief that what another thinks, says, or does can displease us. This needs to be corrected through our knowing that in Truth we live in a world independent of persons. In Truth we live in the impersonal world, a world in which there are no personalities, a world in which there are only spiritual beings, always loving and ready to bestow joy upon us through the spirit of joy in them akin to the spirit of joy within us.

As we learn to live in the universal, impersonal consciousness, we find that other persons

cannot disturb us. We are not envious or jealous of them. We know that nothing that they say or do, neither their successes nor their accomplishments, can diminish our own joy. We do not resist them, since in Truth we know the way of nonresistance, which is the path of peace and happiness.

The person who learns to leave the valley of personal beliefs soon finds himself on the mountain top. Beliefs that others can affect his joy are exchanged for the heavenly Truth. The claim of personality is given up for the broader life, the universal.

What if at this moment, when you are feeling so full of joy that it just radiates from the very center of your being, the garage manager telephones and tells you that your car cannot be delivered to you? Possibly all your plans are made for a trip in your car and this message comes like a thunderbolt. What now? A panic? A brain storm? Will your world totter and your joy leave, or will you remain calm and peaceful? Remember that if you are to keep joyful you must rule out of mind every belief that would destroy happiness. You cannot afford to give the garage man the power to speak any word that will diminish your joy. You cannot afford to give an automobile power to cause your tears to flow. Your joy must remain constant. You must keep cool-headed. Your way out of the situation is to declare joyfully that persons and things can bring you only joy.

The joyful person possesses in his joyfulness a key that unlocks many locks, and the solution to many problems. Through his high consciousness he is able to look beyond appearances and to see things as they exist in Spirit and in Truth. He is not disturbed by things, not distressed by persons, is unmoved by the appearance of disaster. He has learned how to rule out of mind any belief that would destroy happiness. He has found that his joy does not depend upon persons and things; nor is his joy affected by the status of persons or things.

The student of Truth has a good hold upon joy because of his consciousness of time. He lives in the timeless time of Spirit, consequently he is not affected by the past or the future. He does not live in unpleasant memories of yesterday or in anticipations of tomorrow. He enjoys the ecstasy of the present moment!

Do you catch the vision of how to keep happy? Do you realize that you must guard your thought and refuse to entertain beliefs that would destroy joy? If you catch this vision and experience this realization, then you have grasped the secret of happiness. You have found peace with your indwelling Spirit. You are not dependent upon other persons or upon things of the external world for joy or pain. You live in a world far above personal beliefs. You abide in heaven—the realm of perfect peace—and therein you are eternally established in unchanging joy. This day you will be filled with great joy.

STANDING FIRM

LEARN to stand firm in the face of adverse situations. Stand firm in the consciousness of the power of God within you. Stand firm in the knowledge that you are mightier than any of the vexing situations of the world. Stand firm in the realization that Christ within you is mightier than adverse appearances.

What is the secret of standing firm? It is in gaining the consciousness that the power of God within us cannot be affected by outer appearances; in knowing the truth that in Spirit there is nothing to oppose us, since God is all in all; in finding within us the substance of Spirit that exists like a tower of strength in the face of opposing forces.

Turning to the concordance in the Bible we are directed to so many passages that are helpful in our standing firm that the Scriptures become a veritable textbook on the subject. Prominent in the Bible are these passages:

"Fear ye not, stand still." "Stand still and see." "The house of the righteous shall stand." "The word of our God shall stand forever." "By faith into this grace wherein we stand." "He shall be made to stand; for the Lord hath power to make him stand." "He that standeth stedfast in his heart . . . shall do well." "For in faith ye stand fast." "Having done all, to stand. Stand therefore, having girded your loins with truth." "That ye stand fast in one spirit." "That ye may stand perfect and fully assured in all the will of God."

The conflict that one experiences in learning to stand firm lies entirely upon the mental and spiritual plane; it is not a physical battle. The belief in the power of persons, things, and external circumstances must meet defeat by the truth that nothing of the external world can withstand the power of Christ within man.

Many persons do not stand firm in time of necessity because they think of the situation as one of peculiar importance and significance. How often we hear some one say, "Truth is all right in your case, but in my own there are so many conflicting situations that they cannot be transformed or corrected by meditation and prayer!" Just as if the nature of any situation gave it a power exceeding the power of God! Just as if one person's problem were more weighty than another's. The fact is that one person's problem is handled by the same means as is another's. Those who know how to stand firm in Truth do not waver because of the nature of their demonstration. God is never less powerful in times of emergency and stress than in times of peace and easy sailing.

Stand firm! Rise to the consciousness that there is something within you that is unmoved by things of the world. Find the power within you that is like a strong tower of defense, an immovable pillar. Enter into the high consciousness from which you cannot be swerved by things of the outer world. Know the truth that no person or thing can take from you the all-conquering Spirit of God within you.

Stand firm! When a belief in disease, contagion, or weakness is voiced in your ears, stand firm in the realization that only the Truth about God is eternally true—the Truth of your own eternal being. When adverse beliefs seem to be stronger than absolute Truth, stand firm. You will be well compensated. You will be rewarded for your stand.

When your environment seems to be one of inharmony, when you are almost ready to despair because things of the world seem to crowd upon you, stand firm in your faith in the power of God, the good. Every thought that you give to believing in the power of evil but detracts from your ability to stand firm. Every belief that you entertain that harm can come to you is but a point in favor of the so-called adversity. On the other hand every belief in the power of God calls you away from beholding adverse appearances and brings you to a realization of the truth about the situation at hand.

Stand firm! When it would seem that you are about to be engulfed in failure and lack, stand firm in the consciousness of God's abundance. When money would seem to be lacking, stand firm in the truth that God's bounty is appearing. When you are deluged by urgent needs, keep standing firm. Every deluge must give way to the sun. Every need will be met. Every desire will be fulfilled.

Stand firm! If falsehoods seem more powerful than Truth, if the evil word seems stronger than the word of Truth, keep standing firm.

Every false note attests to the truth of harmony. Every discord serves but to magnify the beauty and concord of harmonious tones. Every evidence of falsehood, gossip, and malice becomes a guidepost to Truth.

Standing firm is but loyalty to Truth. Refusing to believe in the power of evil is simply loyalty to God, the good. Those who stand with God never stand alone, while those who take the stand for evil have nothing to stand with them and nothing in Truth to support them.

Even the thought of standing firm causes us to rise to the grandeur of our divine sonship. We feel something within us that is never touched by winds of chance and caprice. There is something within us that is never changed by outer conditions, something upon which we can always rely, something telling us that it is Spirit, eternal, immovable.

Those who stand with God, those who are loyal to Truth, those who stand firm when Truth is on trial, have nothing to lose. They shall see the power of so-called adversity rendered powerless; they shall see the haughty head of the Adversary bow before the might of God; they shall see the nothingness of that which has called itself something.

Why does this message of standing firm appeal to us? Because the Spirit of truth within us is witness to its truth. Standing firm is but taking a stand for God, keeping faithful and loyal to Him, standing witness to His omnipotence, attesting to the appearing of Christ.

"SILENCE!"

SAY "SILENCE!" to every disturbing thought. Be not distressed by the belief that any person, thing, or circumstance can disturb the calm peace of your mind. Regardless of the argument that the inharmonious thought may present, refuse to entertain it. Refuse to yield peace of mind for inharmony.

"Silence!" Say "Silence!" with firmness and conviction. Let not the nature of the disturbing belief cause you to look upon it with fear and trembling. If you give it audience it will attempt to charm you away from your peace and poise. You will begin to look upon inharmony as having weight and substance; you will begin to see inharmony as real and as something belonging to you; you will find yourself exchanging sweet peace for it.

That thought that another can disturb your peace, what of it? Is it to be entertained? Will it yield to your powerful word, "Silence!"? Those who have not grasped the truth of the impersonal life are easily affected by the belief that another person can take their joy from them. They may be enjoying perfect peace, but if another so much as "crooks his little finger" at them or speaks the most insignificant little word their harmony leaves them and they may be disturbed for the rest of the day.

Your ability to say "Silence!" with conviction and power depends upon your understanding and consciousness. Of course, if you would prove the nothingness of the claim pre-

sented, you must sincerely and truly believe in its nothingness. If you believe that the adverse belief has reality and power over you, if you think that persons and external things can master you, your attempt to render them powerless through a mere word will be fruitless.

The person in command is the only one who has power to speak the word of authority. Were the subject greater than the king, the king's word could not command or silence him. If you believe that some external power is mightier than Christ within you, then your Christ-endowed word would be met with scorn. Do not attempt to command something that you cannot conscientiously place beneath you. Do not place yourself in ridicule in your own eyes by trying to govern through your word something that you think governs you—mind, soul, and body. It is true that your word in time would serve to lessen the hold that external things seem to have over you. But how much better and easier it is for you to correct erroneous beliefs in your mind before trying to handle them through words of power.

"Silence!" Knowing that disease has no power over you, realizing that it has neither reality nor substance in Truth, silence the belief in it when it comes to you. Your consciousness of health will support your word. Your inner conviction that the health, strength, and perfection of Christ within you are greater than any belief to the contrary will cause you to speak the word and to gain results.

"Silence!" Let your inner conviction that you are untouched by outer beliefs put to silence all thought of disease. Silence these beliefs the first moment they seem to presume that they can merit your attention. The earlier you denounce their claim the easier it is for you to do so.

When fear presents itself, what should be your step? Rise to the consciousness that in Christ you are established in fearlessness and perfect courage. Know that the power of Christ within you is all in all in your life. Know that this power is unaffected by the claims of external powers. Say "Silence!" to the thought that would make you believe otherwise. "Be silent, all flesh, before Jehovah."

When you are established in inner quietness, no external thing can move you. No thought of fear of external things can control you when you listen to the voice of Spirit within you that says, "Whosoever hearkeneth unto me shall dwell safely, and shall be quiet from fear of evil." You will not yield to the belief in the power of external things when the voice within you speaks through you and commands, "Silence!"

You can truly look upon all external situations, even in the midst of turmoil and confusion, and say, "Hold thy peace at the presence of the Lord Jehovah; for the day of Jehovah is at hand." External situations, conditions, and circumstances can all be quieted and silenced

by the presence of the Lord appearing in your word of power.

"Silence!" To the belief in hard luck, the thought that you are bound by heredity or misfortune, say, "Silence!" In Spirit and in Truth, you are the child of God, unfettered by mortal beliefs in limitation. Enter the high consciousness in which belief in misfortune and adversity is rendered powerless. You will find that merely your consciousness of Truth will silence at the first intimation the belief in adversity that is trying to establish itself as Truth.

To the myriad beliefs that sin, evil, disease, death, and poverty have reality, presence, substance, or truth, say "Silence!" Let your consciousness of the presence of God—the omnipresence of good, health, life, and plenty—break down and dissolve every opposing belief.

Speak the word without hesitation, anxiety, or strain. Do not feel that your own personal might is involved in the demonstration. Let Truth demonstrate itself. Let God take care of the situation. Let the Spirit of truth speak the word through you and establish quietness, stillness, and silence in your external world. Rising to the might of Spirit within you, you can command all things of your world.

As you develop the consciousness of the power of Christ within you to silence the confusion of the world without you, you will find that in reality the world without you has no power to harm you. You will find the universe of Truth manifest as your perfect world.

GOD IS WITH ME ALWAYS

By EVA BROWN HALE

I am not one bit dismayed;
I am not the least afraid;
  God is with me always.
I've no cause for doubts or fears,
Worries, sighs, or griefs, or tears,
Dread of lack in future years;
  God is with me always.

Peace and joy to me belong;
All my days are filled with song;
  God is with me always.
Whether work or whether play,
Through my night and through my day,
He is with me all the way;
  God is with me always.

Ever present in my heart;
He is part of every part;
  God is with me always.
Though I roam in stranger lands,
I am in my Father's hands;
When I call He understands;
  God is with me always.

My Keynote for Today: *I no longer doubt the power of Christ within me. I have faith in my indwelling power to do all things.*

I HAVE perfect faith, since all belief in doubt and unbelief is cast out of my mind. There is no place in me for doubt, because the Spirit of faith fills me to entirety. I give up all unbelief, since I am faithful, full of faith in Christ within me.

I cannot doubt the power of Christ, since Christ within me quickens me to absolute faith. Such faith gives me faith in the omnipresence of good, faith in healing, faith in substance.

I have faith in my own indwelling power, in the presence of unconquerable Spirit, in the power of Christ within me. I know that nothing that is outside of me can cause me to doubt the power of Christ within me. I know that my own indwelling Spirit is greater than the alleged power of the world, and I have faith in myself and in my own.

I have faith that I can do all things through Christ, who inspires me to faith. I am certain that nothing can prevent the appearance of good in my life. I am sure that all things are now working for good.

In my heart of hearts I have perfect faith, since my faith daily increases until it is divinely perfected.

Be not faithless, but believing.—*John 20:27.*

My Keynote for Today: *Through spiritual consciousness, the kingdom of God, I discover and appropriate His richest blessings.*

I KNOW the kingdom of God as my own spiritual consciousness, and through this consciousness I enter into the very blessings of God. Having sought this kingdom of peace, perfection, and plenty, I am rewarded in my search. I am enriched by the Spirit of God.

Through my spiritual consciousness I find the presence of God. I discover that my heavenly Father is blessing me continuously. I find that He has rewarded my search for Him and has given me Himself. He has bestowed upon me His image and likeness.

The blessings of God come to me as a gift for having sought after God. The kingdom that I sense through spiritual consciousness now appears in manifestation, and I am in the very midst of heaven. I am in heaven because heaven, which is spiritual consciousness, is within me.

Seeking God, I find that He draws near to me. Yearning for Him, I find myself at one with Him. Drawing near to Him, I approach all that is good in life and find my own.

Seek ye first his kingdom, and these things shall be added unto you.—*Luke 12:31.*

My Keynote for Today: *I no longer relate myself to ideas or conditions that are useless and old. I am willing to exchange old viewpoints for new and better ones.*

CEASE to hold to old viewpoints that are useless and crystallizing. I cease to cling to ideas that lack power, vitality, and practicability. I give up old viewpoints and become receptive to new ones.

At one with the mind of Christ, the perfect mind, I have new and perfect ideas. My new ideas are impregnated with the vitality and newness of Spirit. I see all things from a new viewpoint. I view myself, my work, my associates, and my world from the standpoint of Truth.

I am willing to be receptive to new ideas. I am always ready to listen to new presentations of Truth. I am willing to yield any opinion and to accept a better one. I give up all tendency to be crystallized in thought, in order to keep my mind fresh with new and inspiring ideas.

The very spirit of newness pervades me, my mind, and my world. I am renewed in mind and in body.

He hath put a new song in my mouth, even praise unto our God.—*Psalms 40:3.*

TUESDAY, FEBRUARY 4

My Keynote for Today: *With my mind's eye I see all things as they exist in Truth. Through my physical eyes I see all things in the manifest world clearly and distinctly.*

THROUGH spiritual understanding I have power to see all things in their right relation. I deny that I have difficulty in seeing. I deny that I must make an effort to understand or to perceive. In my mind's eye I behold God's perfect world. Looking through spiritual eyes I behold the universe as God created it.

Gaining mental and spiritual perception, I find that my physical eyes are cleared and strengthened. I behold the manifest world through eyes that are clear and strong. I see without effort and without strain, because the power of God within me now expresses itself as my ability to see.

My eyes do not tire easily, because the renewing, refreshing power of God back of them is never fatigued. I do not think of my eyes as weak or failing. I know that in Truth they are healthy and strong and that they never fail to do perfect work.

My eyes demonstrate to me my ability to see, and I give thanks for perfect vision.

Look, ye blind, that ye may see.—*Isa. 42:18.*

My Keynote for Today: *I cease to be anxious. Rising above all anxiety, I am conscious of perfect trust in God and I know that all is well.*

I AM NO longer anxious about the outcome of my affairs. I do not believe that evil can manifest in my affairs as disaster. I do not believe that God's help is ever delayed or denied me. I do not think of persons or external things as working to prevent good from coming to me.

Resting in the consciousness that all is well, I know that nothing can come to me but that which is for my highest good. In this consciousness I am free from every thought of anxiety. I rest secure in the knowledge that God is continually blessing me.

Exercising perfect trust in God, I do not need to be concerned about anything. I realize the futility of anxiety and I am content trustfully to look to God and His blessings. I am willing to rest in the omnipresence of good, realizing that in His world there is only good.

I can say, "All is well," knowing that Spirit speaks these assuring words through me. I realize that in the world of Spirit, the world of perfection, my real world, all things are eternally perfect.

Casting all your anxiety upon him, because he careth for you.—*I Pet. 5:7.*

My Keynote for Today: *The peace and harmony of God fill my every thought, and my whole world is filled with peace.*

I DISCARD from my mind every peace-destroying thought. I refuse to think inharmonious thoughts. I give no place in my mind to thoughts of fear, hate, envy, jealousy, or resistance. My mind, as part of God mind, is too sacred to accept thoughts that are antagonistic to peace.

I live in the presence of God, in the world of harmony. No inharmonious belief can cause me to leave this presence of peace. No subtle belief in evil can cause me to be drawn from the world of good, God's world.

Abiding in peace, I am not combative. I do not fight the opinions of others or try to make them conform to my own opinions. I live in the impersonal world and am not disturbed by what other persons say or do. I am at peace with all living things.

My mind, my body, my life, my environment, and my whole world are filled with the peaceful presence of God. All those things with which I am in contact are peaceful and peace-bestowing. The spirit of peace within me is active at all times.

Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee;* because he trusteth in thee. —*Isa. 26:3.*

My Keynote for Today: *The presence of the renewing, vitalizing, eternal life of Spirit fills me with abundant life, and I am mentally and physically alive.*

RENOUNCE every belief in insufficiency of life. I deny that I can lack life or that I can be deprived of life. I deny that the Spirit of life within me can ever fail in supplying me with abundant life.

In the presence of Spirit within me there is bountiful life. This life expresses itself through me as my own life—cleansing, renewing, and vitalizing me, and making me invigorated in every part. Every cell, nerve, muscle, and gland is filled with this life.

The eternal, deathless life of Spirit is my own life and in Christ I am eternally alive. In my body I behold this life doing its regenerating work. I am alive because Christ within me is alive.

As the son of God I am conscious that the Father's life is being poured out upon me. In Him I can never be separated from life. Conscious of the presence of His life, I am conscious of my own ever enduring life.

For as the Father hath life in himself, even so gave he to the Son also to have life in himself. —*John 5:26.*

My Keynote for Today: *God, the principle of all good, is the only law of my life, and henceforth I am ruled solely by the law of good.*

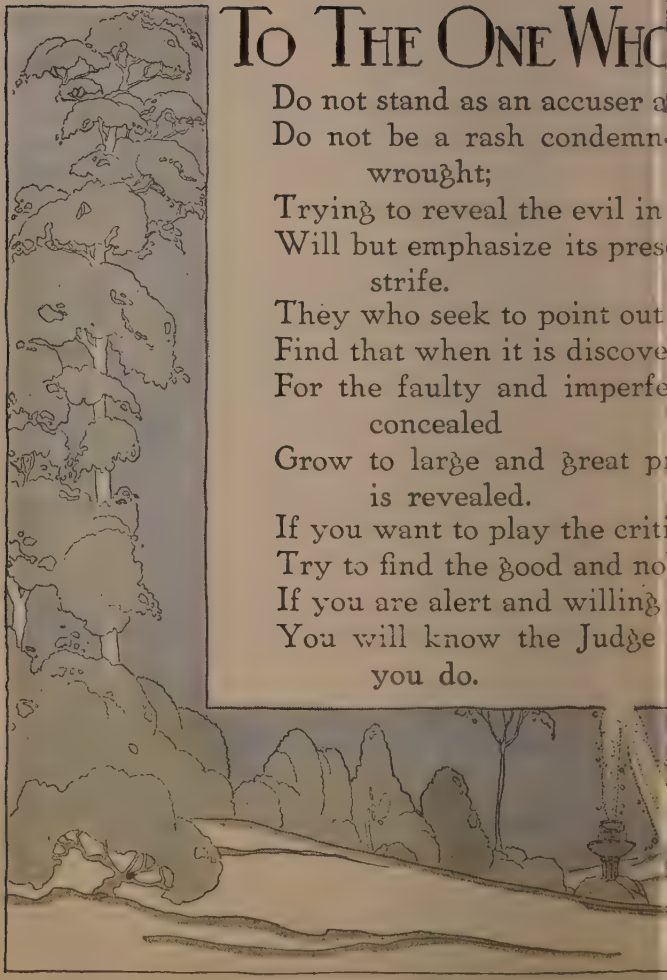
I AM NOT under any law of disease or misfortune, I am not ruled by the belief that evil has laws or principles. I do not think that false belief can operate in my life as error or evil.

I recognize one God, one law, the law of good. This law operates in my life as health and plenty. It is the law governing my mind and my body. This law rules my life, my world. It is the law of good, the principle of God.

Recognizing but one law, I am free from every belief in laws of adversity. I cannot think of any so-called law as opposing the law of God. I know that in Truth God is omnipotent, all-powerful, dividing His power and authority with no person or thing that may claim equality with Him.

Since God, as the law of health and perfection, is omnipotent, in absolute Truth there can be no laws of disease. God is the very law of substance and supply.

He that looketh into the perfect law, the *law* of liberty . . . this man shall be blessed in his doing. —*James 1:25.*



To The One Who

Do not stand as an accuser a
Do not be a rash condemn-
wrought;
Trying to reveal the evil in
Will but emphasize its pres
strife.
They who seek to point out
Find that when it is discove
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Grow to large and great p
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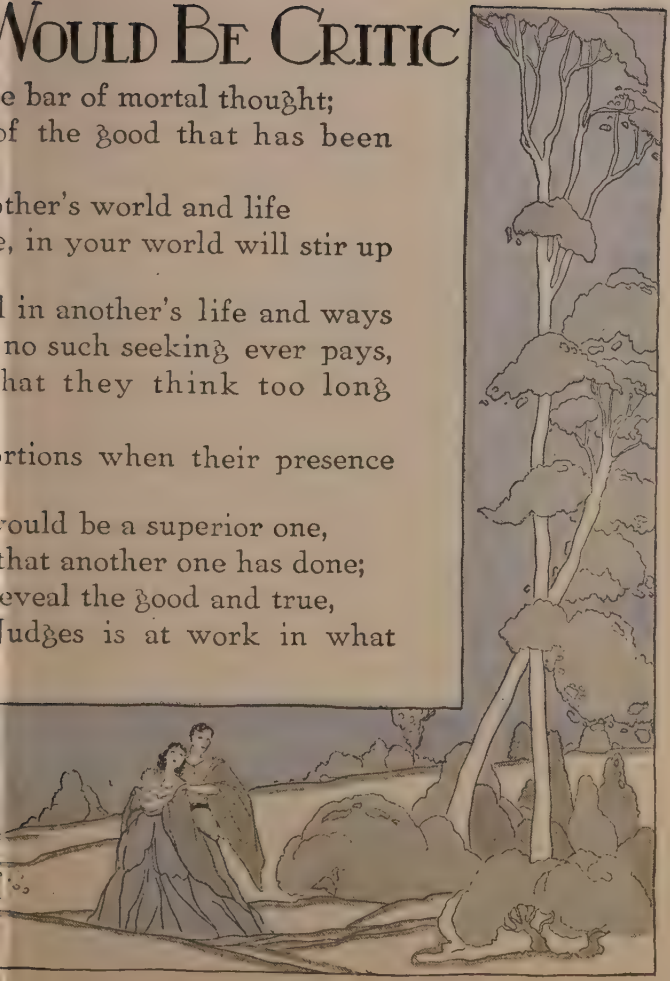

My Keynote for Today: *I drop out of mind every adverse belief, in order to entertain only thoughts of good, thoughts of God and Truth.*

IN MY MIND there is no place for beliefs in unreality, in that which is unlike God, the good. There is no place in my mind for beliefs in evil, sin, inharmony, disease, or lack. I erase from my mind every thought that has no foundation in God, the real and the true.

Every thought that does not produce good fruit is now denied out of my consciousness. Every thought that produces good is established firmly in God. By the process of denying adverse thought and affirming that which is good and true, I build up a consciousness that is holy and spiritual, noble and true.

Clearing my mind of adverse belief, I am ready to lay hold of the blessings of God. I am receptive to the good and am responsive to every blessing that comes to me. I affirm and secure my good. I make room for the countless blessings that are now winging their way to me.

In the heavens of the mind I sense the presence of infinite good.

Every tree that bringeth not forth good fruit is hewn down, and cast into the fire.—*Matt. 7:19.*

My Keynote for Today: *Abiding in the Christ consciousness, I neither condemn nor am condemned; I neither criticize nor am criticized.*

I HAVE no desire to criticize others or to condemn what they do. I do not wish to be a critic of personal behavior. I rise out of all tendency to find fault or to show up imperfections.

Abiding in the Christ consciousness, I am free from all tendency to see personal blemishes or shortcomings. I abide in the high consciousness in which man is seen as the perfect son of God, devoid of all imperfections. In this consciousness I behold myself and all others as we are beheld in Spirit and in Truth—absolutely perfect.

Since I do not criticize, I have nothing within me to invite personal criticism. Others do not criticize me because I am not in a critical state of mind. I am free from all fear of criticism. I do not anticipate it. It has no place in my life.

Since I do not criticize others, I do not criticize myself. I do not blame myself for mistakes of yesterday. I know that every experience must yield its good to me.

There is therefore now no condemnation to them that are in Christ Jesus.—*Rom. 8:1.*

My Keynote for Today: *I do not believe in personal injustice. No man has power to be unjust toward me. I believe in perfect justice at all times.*

GOD AS JUSTICE rules my life completely. I am conscious of His justice at all times and I permit no thought of injustice to lodge in my mind. Knowing the truth about justice, I am not subject to mortal beliefs in injustice. I do not believe that any person can stand between me and infinite justice.

I am just with myself and with all others. I give no place in my mind to the belief that injustice has any position in my life or is related to me in any way. Living in the world of Truth, in the universe of Spirit, I am free from all belief in the presence or the power of injustice.

God as justice is now enthroned in my life. He is the supreme judge, ruling all my ways with wisdom, love, and absolute justice. In the voice of justice He speaks through me, and I deal lovingly and justly with my fellow beings at all times. God places the stamp of approval upon all that I do in His name.

Judge nothing before the time, until the Lord come . . . then shall each man have his praise from God.—*I Cor. 4:5.*

My Keynote for Today: *I am set free from every enslaving thought because I abide in the consciousness of my perfect freedom.*

THE CONSCIOUSNESS that I always have been, am now, and always shall be perfectly free sets me free from the belief that any person, thing, or circumstance can cause me to be bound or enslaved. Through the freedom of Truth I am free from every belief that would enslave me or cause me to lose freedom in any wise.

Enslaving thoughts—those that would bind me to ignorance, weakness, or poverty—are now denied out of my consciousness. I realize the Truth, and I exercise perfect freedom in mind, in body, and in affairs.

Christ, the son of God, has set me free from ignorance, superstition, and fear. My freedom is entire and perfect. I refuse to be bound again to the bondage of ignorance. I no longer let myself be subject to adverse beliefs.

In the freedom of Christ I am free from every belief that would bind me to limitation and adversity. I am unbound. The shackles and bonds of ignorance and fear are broken, and I stand free in the freedom of Christ. I am free in that freedom which is eternally mine through the freedom of Christ within me.

If therefore the Son shall make you free, ye shall be free indeed.—*John 8:36.*

My Keynote for Today: *I do not think of my body as diseased or mortal. Rising to spiritual consciousness, I raise my body to spiritual perfection.*

CEASE to believe that my body is mortal, and so it ceases to express mortal thought. I remove from my body all race belief in body disintegration. I do not let race thought outpicture itself in my body as weakness, disease, or imperfection.

In spiritual consciousness I behold my body as it is in Spirit—God's holy temple. I see my body free from all effects of mortal belief, and free to express its spiritual character. I behold life, love, and strength now manifesting in my body as the free blessings of God.

The Spirit of God now inhabits my body temple and I am lifted from mortality to immortality. The belief in mortality has given way to the truth that in Christ I am eternally alive. My body expresses the character of Spirit within it. My spiritual body now appears as the living temple of God, expressing God's presence of life, health, and perfection.

I behold my body as it exists in the mind of God—free, alive, strong, and perfect.

He that raised up Christ Jesus from the dead shall give life also to your mortal bodies through his Spirit that dwelleth in you.—*Rom. 8:11.*

My Keynote for Today: *The love of God in my heart casts out every evidence of hate, and at all times I am kind and loving.*

I DISSOLVE every belief in hate and personal animosity through my strong consciousness of love. The love of God in me, the love that causes me to behold all persons as they exist in Spirit, is now quickened within me and I am filled with love.

God's love clears my mind of every belief that would cause me to be hard-hearted. Every thought that would keep me away from perfect love is now removed from consciousness and I am kind and loving. Every belief in personal dislike is cast out of mind and I am free to let love express itself through me as God's perfect love.

In God's presence I am related to universal love and I see all persons, as God sees them, through loving eyes. I behold about me those who are sons of God, sons of His perfection. Seeing my fellows as they exist in Truth, I have no desire to exercise hate. I cannot dislike that which God loves. I cannot criticize and condemn those whom God has created as His own.

In the love of Spirit I sense God's love for all life. I have no desire to injure or to kill.

The Lord make you to increase and abound in love one toward another.—*I Thess. 3:12.*

My Keynote for Today: *Abiding in the consciousness that the Spirit of wisdom is guiding me in all my ways, I find that my way is the way of Spirit.*

MY PATH is cleared of all obstacles. There are no barriers on my path. All obstructions are removed, because I abide in the realization that in Truth there are no hindrances to perfect activity in Spirit. My path is that which Spirit has directed me to take.

I rest in the consciousness that the Spirit of light shines upon me and upon my way. No sense of darkness can obscure my path. No belief in confusion and disorder can keep me from advancing.

My path is one of pleasantness. I do not entertain the belief that adversity is necessary for me in order that I may experience and enjoy the good. I do not think of hardships as essential to me in order that I may find the way of Spirit.

The way of Spirit, my true path in life, is one of joy, health, and plenty. Spirit directs me to take its way. Spirit points out to me the way of perfect order, harmony, justice, and success.

He will teach us of his ways, and we will walk in his paths.—*Isa. 2:3.*

My Keynote for Today: *I do not think of disease as coming from God. From Him I receive health and perfection.*

I NO LONGER think of disease as emanating from God, as having any connection with Him, or as being part of my existence. I do not regard disease as having any place in Truth or as being part of my real life. I know the truth that God is my health, my strength, and my perfection.

I do not consider disease as something that comes to me from God as a punishment. I do not think of God as willing disease for me. I know that, in Truth, health is God's will and my portion.

My knowledge of Truth, my realization that in Spirit I am whole and entire, removes from my mind all belief that disease has any place in the Truth of God, or in my life. Centered in Truth, I am centered in the realization of perfect health. As I become more firmly established in understanding, I am more firmly grounded in health.

My thought is firmly established in the knowledge that in Truth I am free from disease and am one with health.

Jehovah will take away from thee all sickness; and none of the evil diseases . . . will he put upon thee.—*Deut. 7:15.*

My Keynote for Today: *Rising out of every belief in depression, I live in a world of joy. Joy animates me.*

IN TRUTH, I know that there is nothing to interfere with my joy. I cast out every belief in sorrow and depression. I rise out of the belief that external things can limit the extent of my joy. I deny the belief that persons can make me sad or depressed.

In Spirit, I am eternally conscious of the presence of Christ—abundant joy—at the very heart of my being. I realize that through me manifests the very joy of God. I know that this joy animates me mentally and physically.

Mentally, I react to life with the spirit of joy. I see life from the standpoint of joy. I behold life from the viewpoint of Spirit within me, Spirit that is always happy, cheerful, and joyful.

Physically, I am charged with infinite joy. The cells of my body are alive with joy and I am joyful in every part of my physical organism. My body is elastic and youthful because the spirit of joy keeps it young and active.

I go forth this day with the spirit of joy. I put joy into all that I think and do. I live in a world of bountiful joy, and I am joyful.

Thou hast put gladness in my heart.—*Psalms 4:7.*

My Keynote for Today: *Realizing that there is no age in Spirit, I demonstrate the youthful life of Spirit in my mind and body.*

ERASE from my mind all belief in age and in crystallization. I do not think of myself as growing old or as undergoing physical disintegration. I rise out of the race belief in age, decay, and death. I refuse to believe that the thought of age can affect me in any way.

I manifest the youth of Spirit within me because my thought is centered entirely upon youthfulness. I express youthfulness in mind and in body. Since the Spirit of youth manifests itself through me as new life, new strength, and eternal youth, I demonstrate youth.

In my heart of hearts I believe in youth. I know that youthful thoughts have power to keep me young. I realize that my mind and my body are now expressing the ever renewing, ever invigorating youth of Spirit. I think the youthful thought and it manifests speedily as my youth.

I view life through the eyes of youth and I am filled with hope and aspiration. I encourage youth. I am ready to inspire the young. I am willing to see life from the standpoint of youth.

Let no man despise thy youth; but be thou an ensample to them.—*I Tim. 4:12.*

My Keynote for Today: *The Light dwelling within illumines me.*

This statement is the Silent Unity illumination word to be used from February 20 to March 19.

THE LIGHT of God shining at the heart of my being dispels all belief in ignorance and darkness. I am one with this light and my mind is clarified of all confusion. Abiding in this light I am free from all belief in ignorance, darkness, confusion, or indecision.

The light of God is my light. It illumines and inspires me. It sheds its rays upon my path, and my way is cleared of all obstacles. Walking in the light of Spirit, I walk in the path of illumination and inspiration, the way of Spirit.

The light of God illumines my consciousness and all belief in darkness is dispelled. Every thought that would bind me to ignorance is cast out of my mind. Only the light of God appears. I recognize no light but the one light, the light of Spirit.

The light of God directs my steps and I know which way to go. My feet are directed in the way of light, the way of God. My attention is turned toward the true light at all times.

While ye have the light, believe on the light, that ye may become sons of light.—*John 12:36.*

My Keynote for Today: *It is the Father's good pleasure to give me His kingdom of vigorous life, strength, and health.*

This statement is the Silent Unity healing word to be used from February 20 to March 19.

I REALIZE that as the son of God I am entitled to His richest blessings. Health and perfection are mine. since as heir to the kingdom of health and life I inherit a realization and a manifestation of mental and physical perfection. Like my heavenly Father, I demonstrate His nature.

In the kingdom of God there is no place for disease and weakness. In God's presence there is only the presence of that which is like Him—life, strength, and health. I abide in His presence and live in His kingdom.

God, my Father, bestows upon me, in mind and body, His characteristics. I am prince of His kingly realm and I show forth His spiritual nature, which is implanted within me. In my physical body I manifest the ideal of health and perfection that I now perceive through spiritual vision.

The vigor and life of Spirit within me are the vigorous life of my own health.

Having foreordained us unto adoption as sons through Jesus Christ unto himself, according to the good pleasure of his will.—*Eph. 1:5.*

My Keynote for Today: *It is the Father's good pleasure to give me His Kingdom of Spirit, in which I am conscious of unlimited supply.*

This statement is the Silent Unity prosperity word to be used from February 20 to March 19.

IN SPIRITUAL consciousness, in the kingdom of God, I am in touch with rich ideas of prosperity. I am related to all the resources and abundance of God. I am conscious that I belong to His heavenly kingdom, in which heavenly riches are bestowed upon me.

Abiding in God's kingdom, I abide in plenty. That which is rich and abundant belongs to me as the son of God. All that is His is also mine. In His kingdom there can be no unfulfilled desires, no lack of substance. All about me are the blessings of God.

I inherit the rich substance of Spirit, since I am heir to all that is good and substantial. God's will for me is always prosperity. He wills and bestows upon me that which befits His son.

Abiding in heavenly riches, I draw to myself all that I need for a higher expression of the best that is within me. I attract good fortune through my prosperity consciousness.

It is your Father's good pleasure to give you the kingdom.—*Luke 12:32.*

My Keynote for Today: *My knowledge of Truth frees me from believing in superstition or falsehood, and I am governed by Truth in all my ways.*

GOD, THE SPIRIT of truth within me, inspires and directs me. I no longer believe in superstition, nor do I believe falsehoods. Truth is my standard and I stand for Truth. Everything in life must measure up to this standard. All things in my world must conform to the Spirit of truth.

That which is false meets no response in me. All untrue statements about man and his perfection are promptly and effectually denied, since only the truth of man's oneness with God is true.

I truly believe that which the Spirit of truth within me reveals to me. That which is true about God's perfect man is true about me. God's absolute Truth is the truth of my own perfect being.

Knowing Truth, I erase from mind every belief in error. All that is untrue of man in the ultimateness of perfection is untrue about me. All that is based upon belief in the reality of evil, disease, and lack is false. The real, the true, now manifests as the reality and truth of my life.

When he, the Spirit of truth, is come, he shall guide you into all the truth.—*John 16:13.*

My Keynote for Today: *Through my consciousness of zeal I stir myself to activity and I am always alert and alive.*

FILLED WITH the consciousness of zeal and alertness, I am stirred to activity. I feel the activity of Spirit within me and I am no longer sluggish, lazy, or inactive. The zeal and fire of Spirit fire me to earnest, noble endeavor.

Conscious of the life and activity of Spirit within me, I am conscious of myself as expressing more and more of life. I am willing and ready to do that which I should do. I am no longer inclined to shift responsibility or to procrastinate. I abide in the realization that I am thoroughly alive.

I know that I have my place in the great universal plan and I am willing to do whatever I need to do. I am willing to do my part in God's eternal scheme. I know that through Christ I can do all things efficiently and well.

I serve the Spirit of truth willingly and lovingly. Serving God, I am willing to be of service to His children. I can do whatever I am called upon to do. That which is mine to perform can be done to the glory of God.

There is no difficulty in working to the honor of God, since through me He does all the work.

Stir up the gift of God, which is in thee.—*II Tim. 1:6.*

My Keynote for Today: *Knowing the oneness of all things in Spirit, I no longer believe in divisions and separations. I recognize universal unity.*

IN THE UNITY of Spirit there are no partisanships, no divisions. In Spirit there is only universal unity. I recognize the oneness back of all existence, and I see God as the One who underlies all life.

Unified with Spirit within me, I am joined to all that is like Spirit. Within me I am united with the Spirit of life, love, and Truth. I am unified with God, the one life, the one power.

Rising out of belief in separations, I am joined to all the good in the universe. All that is like God, the good, is now unified with me. All that is high, noble, and true is inseparably joined to me.

In Spirit I am conscious of my oneness with all existence, all life, all being. I am unified with all persons and all things as they exist in Spirit and in Truth. I am related to the good wherever it is found.

In universal unity I contact all that comprises the spiritual world—the world of life, love, beauty, and Truth. Back of all that is good I behold the presence of God.

Behold, how good and how pleasant it is
For brethren to dwell together in unity!
—*Psalms 133:1.*

My Keynote for Today: *In the stillness and quietness of the presence of God, I am still and quiet.*

SENSING the presence of God, I am quiet. I feel His presence within me and about me. I am lifted up to the quietness of heaven. I rise above all belief in disturbances and confusions. I am still with the stillness of Spirit.

I am still; and I know that God is God. He is the power that puts to flight every disturbing influence. Before Him quiet must be established. In His presence is perfect stillness, and I am one with Him.

I am quiet because the presence of God is quiet and it establishes itself in my very midst. In God I am free from all noise and confusion. In His presence I rest secure from disturbances and disorder.

My mind is quiet because it is filled with peaceful thoughts. The quiet of Divine Mind fills this mind of mine. My mind is but an individual identity in the great, quiet, peace-loving mind of Spirit.

My body is poised and quiet because every part of it is under the control of my own indwelling Spirit.

> Be still, and know that I am God:
> I will be exalted among the nations.
> —*Psalms 46:10.*

My Keynote for Today: *I live in the eternal now, the timeless time of Spirit.*

IN SPIRIT there is neither past nor future. There are no unpleasant memories of yesterday in my mind. There are no useless anticipations of tomorrow.

I live in the glorious, eternal now, and I see all things as accomplished here and now. I live in the present moment and extract from it all that is good and desirable. In Truth I recognize the eternal now as the only time; it is timeless time, time in which there is neither hurry nor delay, time in which all needful tasks are accomplished speedily and well.

Living in timeless time, I abide in the time of Spirit. I live in the eternal moment in which Spirit is forever active, and I am actively engaged in doing the will of Spirit. In timeless time, there is neither laziness nor procrastination. There is no desire to put into the future that which belongs to today.

In the eternal now I enjoy God's richest blessings. All my desires for good are instantly fulfilled. All my prayers are answered, since there is no delay in Spirit. All that I need comes to me now.

Behold, now is the acceptable time; behold, now is the day of salvation.—*II Cor. 6:2.*

My Keynote for Today: *I relax from all tension and strain, because my Spirit is always calm, peaceful, and poised.*

I RELAX from mental and physical tension. I give up all sense of strain. I refuse to be tense, anxious, or worried. I give no place in my mind to the thoughts and beliefs that cause tenseness.

In my consciousness of Spirit and in its omnipresence I am calm and poised. I am established in the peace and the trust that know no tension. I am one with the life of Spirit, in which there can be no strain.

I relax from the belief that affairs of the outer world can cause confusion in my life. I cease to think of external things as having power to bring about unfortunate circumstances. I know that Christ in me is Master over all external things. I relax in this consciousness, and I am sure that all my affairs in the external world are adjusted.

Giving up belief that things can rule my life or interfere with my well-being, rising above the thought that time can be an element working to my inconvenience, I relax in the knowledge that I am in a peaceful world—one in which there is abundant happiness.

He maketh me to lie down in green pastures;
He leadeth me beside still waters.

—*Psalms 23:2.*

FRIDAY, FEBRUARY 28

My Keynote for Today: *In the consciousness that God, the good, is the only presence and power, I know that there is no reality to evil. God, the good, is all in all.*

I DO NOT think of evil as having being, existence, presence, or power. In spiritual consciousness, God, the good, alone has existence. In absolute truth, only God is all in all.

In the knowledge that God is all life, I see that there is no truth in the race belief in disease and death. In the realization that God is all good, I know that there is no reality in evil or adversity, regardless of the form that it appears to take or the claim that it seems to make. In the understanding that God, the good, rules me completely, I find that there is no foundation to the superstition that I or any one else can be governed by evil or error.

Since God is all in all there is no place for anything dissimilar to good. If God is all that there is in absolute Truth, there is no truth in any belief or any appearance of anything that is unlike Him.

Knowing that God is the one God, the one power, I relieve my mind of all belief in many gods. I disabuse my mind of all belief that evil is a power equal to God, the good.

Abhor that which is evil; cleave to that which is good.—*Rom. 12:9.*

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We can help you to begin life over again. We can show you how to renew your mind, to transform your body, and to change your whole life. The booklet, "Beginning Again," was especially written with this in mind. One treatment in the booklet helps you to treat every part of your body effectively. The booklet comes in an artistic cover that shows sunrise design in gold. Price, 35 cents.

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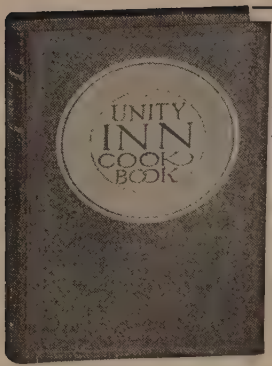

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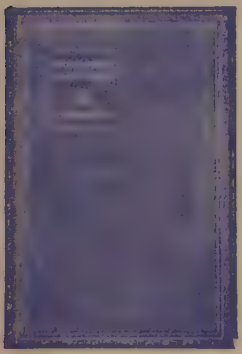

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MARCH
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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

SON OF GOD, ADVANCE!

Walk with majestic tread this day,
With head erect, uplifted eyes,
But plant your feet firm on the Way
And keep your vision on the skies.
The Christ within you walks with you
So forward, upward, go—ascend!
The Son of God you are; you, too,
Can every false belief transcend.
Walk forth! The Truth with power declare;
To mighty words of Christ give voice;
Christ is within you, everywhere;
Your power is infinite. Rejoice!

A LITTLE COBBLESTONE

By ESTELLE THOMSON

A little cobblestone filled a niche in a wall—
And no one ever noticed it, or dreamed that it was beautiful at all.
But the little stone caught every ray of sun that shone
And every drop of moisture as it fell,
And polished well its face,
And smiled a cobweb film of lace to cover it;
And soon somebody said, one day,
"How beautiful!"
And other little cobblestones, in other little niches,
Polished their faces in the sun and dew—
And they grew beautiful too.

It is not quite so much the being born to beauty
That makes you beautiful,
But constant polishing and rubbing for the shine divine—
If you are just a little cobblestone.

THE DIVINE LAW OF ADJUSTMENT

HUMAN EXPERIENCES often make demand for some relief and change, because one characteristic of all things human is a measure of unrest and, often, maladjustment. Since in human experiences we are always in a state of evolving heavenward, unfolding outwardly from within, a certain amount of confusion seems to present itself and just so often is adjustment necessary.

The individual stands in a place where he may observe two adjustments as essential: the adjusting of himself to Spirit within him and the adjusting of his life to all outer conditions. Of course, but one adjustment really takes place because, when he adjusts himself to Spirit, all else is accomplished. His uniting himself to Spirit within him brings into action a spiritual force that adjusts every factor in life.

Quite often the beginner in the study of Truth makes the fruitless attempt of trying to make an outer adjustment—a correction of a certain state of affairs in his environment or outer life—without having first made an inner adjustment. He tries to force the action of Spirit in adjusting external conditions without first relating himself to Spirit within himself, or without consciously knowing of his relation to Spirit.

God's law of adjustment can only be observed in action by the individual when he has reached the high consciousness in which the law of God is perceived as powerful to correct, adjust, and regulate every disorder in human

experience. In this consciousness, he knows that the divine law is supreme. He realizes that there are no situations or circumstances wherein the law of God fails to operate.

In order to reach the high consciousness in which we may know God as law, several things are necessary. First of all, understanding is necessary. When we have an immediate need for demonstration, when divine help must manifest itself speedily, we have little time to undertake to try to understand Truth. The basic principles of understanding should have been studied and understood beforehand. Preparedness is seldom so essential as in such instances.

Second comes faith in the law. We might define faith, in such cases, as the ability to pledge all to God and to stand firm with Him. Faith in the law of God must not be compromised by even the slightest belief in lesser laws.

Third comes confident conviction. After reaching the place in consciousness wherein we understand the working of the divine law and have faith in it, we then come to the place wherein we are willing to relax from all worry, tension, and anxiety and just let God's work be done without any tendency on our part to give the law a "shove" or a "boost."

Sometimes, when you have been trying to exercise faith in the law, pledging your whole trust in God, do you secretly try to give God or His law a little human help? After all has been said and done and you have proudly declared that the government is on His shoulders, do you take a few little human precautions just to give

God a good send-off on the work that He has to do? Then your faith is not unqualified and you have not reached the consciousness of confident conviction—you have not attained freedom from worry and fear.

Do you give much thought to the immutability of physical and material laws? There are many instances recorded in the Bible wherein the action of physical law was set aside and annulled by the action of divine law. If material things are not satisfactory in your life, then you must begin to think of them from the standpoint of the spiritual. You must recognize the law of Spirit as sharing its power with no other law, not even the law that to human senses appears to be all-exacting and unchanging.

The law of gravity became inactive when Moses commanded the waters to stand like walls that the children of Israel might pass through. Joshua disregarded so-called laws of nature when he commanded the sun to stand still. Both Moses and Joshua knew of a higher law than those that we refer to as physical or material laws. God alone is supreme, and His law is superior to material laws and the so-called laws of the race.

When the outer man, the you that stands as an identity in the world of manifestation and effects, makes its adjustment to the inner man, the you that is invisible, spiritual, and invincible, then you perceive that nothing in reality can stand between the manifest you and your spiritual self, Spirit within you. Every belief

in the power of external things must be surmounted in order to vault over or break down the appearance of barriers. Your adjustment to God, the blending of yourself with Spirit, can only come about through your knowing that in Truth there is no separation and that you are one with Spirit.

This consciousness brings you to the realization that your external affairs have a spiritual significance back of the appearance that they present in the material world. You cease to live in the belief that the material world has power to affect you! You no longer live in an inharmonious atmosphere, or in an environment where there is need for adjustment. You find that the law of adjustment that operates in spiritual consciousness is the same law that operates in your world of external manifestation, when you know the truth about the world—material and spiritual, outer and inner.

The need for an adjustment in your affairs but shows the need of an inner adjustment. If inharmony manifests, you may know that in consciousness you are not harmoniously related and adjusted to Spirit, not conscious of harmony and divine adjustment.

God's law of adjustment is the divine principle that corrects, adjusts, and regulates the appearances of disorder, confusion, and inharmony. Every evidence of the operation of a cause and effect of disorder, inharmony, injustice, and lack but shows the need for spiritual realization, the necessity for ascending into the high consciousness in which you realize

that God alone reigns and His law is supreme.

Remember, there is but one God, and but one law exists in heaven. As in heaven, so it is on earth. As in spiritual consciousness, so must it be in your body, your life, your environment, your world. One law—the law of health, order, justice, peace, and all-sufficiency—the law of adjustment, the law compelling you to recognize the order and supremacy of heaven. The divine law of adjustment regulates all personal relationships. All misunderstandings, jealousies, and animosities must recognize the rule of God's law—the law of harmony, love, and understanding.

The operation of God's law is the governing of the creations of God by the universal or divine law of life, love, and Truth. Nothing less can act as law in the presence of God, supreme law. Evil and adversity cannot presume to be our law when we consciously know that God alone is law.

God is the law of our whole existence—the law of order, health, love, and prosperity. Every semblance of disorder, disease, hate, fear, or lack must be corrected through the adjusting power of God as law. Situations that appear huge to us are most insignificant in the sight of God.

God is the law of your life. In Spirit, Truth and love alone rule you. Love corrects every inharmonious situation, and Truth adjusts and regulates every circumstance. Recognize no law but the law of God, and nothing but that which is good can come to you.

GAINING THE RIGHT PERSPECTIVE

HAVE YOU gained the right perspective of life? Are you able to take the right mental view of a situation? Can you look at the little circumstances of the day and see all things in their right proportion?

The word "perspective" is defined as "the interrelation in which parts of a subject are mentally viewed; the aspect of an object of thought from a particular standpoint." We gain the right perspective when we reach that point of view in which we see all things in their true proportion. In this point of view we do not exaggerate the importance of insignificant matters, we do not see persons and things out of proportion in their relation to ourselves.

The painter thinks of perspective as the art or science of representing on a plane surface, his canvas, natural objects as they actually appear to his eye. He appreciates the apparent relative distances of objects. Understanding perspective, he is able to give depth to his picture. We cease to see a canvas and see that which he intends us to see—for instance, a path before us extending into the distance.

Those who gain the right perspective of life are able to look at life through the mind's eye, the eye of Spirit. The picture of life that they see is in true proportion. It is not discolored by extreme opinions. There are no unwarranted uses of flaming reds—heavy passions, of offending yellows—jealousies, or of depressing blacks—unforgettable griefs.

The person who does not have the right per-

spective of life beholds a strange vista. The people of his world are given power to affect his own life; hence on his canvas persons are out of proportion to the rest of the picture. His mental canvas lacks depth. He fails to give the right place and importance to those things that matter most. The path that his picture unfolds to us is not one that invites us to tread it. It really does not look like a path to us, since something within us tells us that it is not the true way.

We are inclined to view his picture of life with alarm because it betrays a mind that appears to lack depth, feeling, warmth, and the right perspective of life. We are not mentally akin to him; hence his canvas does not inspire us or stir us to sympathetic appreciation.

The artist who paints a beautiful picture must have beheld it through contemplating the beauty of life. He must know life and its beauty. He must be able to see all things in their true proportion and must have the power to portray the right perspective. Self-control must eliminate the tendency to use too much color where color is not needed. He must fathom the secret of gaining depth in his picture by having all the objects in it built around depth. Nothing must interfere with his perspective. Personal tendencies to exaggerate must not be permitted to sway him to the point of sacrificing perspective and proportion.

The person who appears to be mentally unbalanced is one who has permitted some pet idea to develop out of proportion to other ideas.

If he believes that another person has the power to keep him from advancing or has the ability to limit his happiness, he puts this other person in the picture in such a position that true proportion and perspective are lost. Such an individual would not be very successful as an artist if he allowed the theme of his picture thus to be overshadowed by nonessentials.

The person with a so-called complex is one who has a strange hallucination about persons and things in their relation to himself. Some passing dislike of some trivial situation or thing may grow into a deeply established hate, until he is able to excuse his unreasonable attitude only by giving it a modern appellation, a "complex."

In order to gain the right perspective of life several things are necessary. First, you should discipline yourself to get the right viewpoint of life from your indwelling Spirit. Learn to behold life as it is seen through the eyes of Spirit. Second, hold steadily to the vision that you behold. Do not change your spiritual sense of values and proportions. Third, keep yourself out of the picture. By this we mean that you should cease looking to other persons and things only as they contribute to your own happiness or adversity.

We can readily see that personal consciousness is responsible for poor perspectives and wrong proportions as they are observed in our view of life. Personal consciousness keeps a person from getting the spiritual viewpoint of life; it causes him to put himself into the pic-

ture to the extent of crowding out those things that should beautify his life.

How does this subject of perspectives and proportions apply to your personal problem? Possibly your problem is the interference of another person with your happiness. Your problem, let us say, is based upon the belief that another person can limit your joy and the full expression of your inner powers. Do you not see that upon your mental canvas you are painting this person in a too conspicuous place and in a size out of proportion to the scheme of life?

If the mouse assumes elephantine proportions upon your mental canvas, to you the mouse is an elephant. If in your mind's eye your neighbor is a demon, then every time he comes to your mind he will come in characteristic satanic attire and fashion. Nevertheless, in reality the mouse is still a mouse, the neighbor still a human being like yourself.

I once saw an artist in Switzerland painting from a reflection in a mirror. Since his finished canvas would be a flat surface he resorted to a mirror to see the right perspective on a plane surface. What I saw him doing was this: painting the thing not as it appeared but as it was mirrored. If we would see things not as they seem to be but as they exist in the mirror of Truth, our reflections—our meditations in Spirit—would always supply us with the right perspective of life. Our canvases would be masterpieces both of perspective and of correct proportion.

I'VE JUST HEARD A SECRET ABOUT YOU

I've just heard a secret about you;
I'm sure there is Truth in each word;
I know you'll not mind if I mention
The secret that I have just heard.
(It seems for some time you've been thinking
That things have the power to oppress,
That persons about you are vexing,
That both often cause you distress;
And often you feel quite unhappy,
And fail when you should best succeed,
Because you are not always looking
And watching each thought, word, and deed.)
And, now, shall I tell you the secret—
A secret that's best not concealed?
I know it's the secret of secrets,
Though always it's best when revealed:
There's not any truth in the thinking
That persons or things can perturb
Or that situations external
Have power your peace to disturb.
In Truth, you are higher and grander
Than all that is found in the earth,
For in you was planted God's Spirit
Before you were given your birth.
Now, isn't this quite a good secret?—
A secret worth far more than gold?
Now, find some one else who may need it,
This secret that's best when it's told.

Today's Word of Power: *Each morning I behold new blessings from God, and my whole world is made new.*

HAVE YOU learned to look at the world each morning through new eyes? Can you see your whole life and the entire outer world as freed from your old impressions of them and as renewed in the spirit of newness that is back of all visible manifestation? If you can, then you have caught the vision of yourself and of all being as you and it exist in Truth—as partaking of the never aging, eternal newness of God.

To live in a new world you must enter it through a consciousness of newness. You must learn to think new thoughts, to look through new eyes, and to behold new sights. In the world of Spirit you contact the very spirit of newness and find it animating all things in Truth.

Learn to welcome new ideas and be ready to entertain high and spiritual thoughts. Rise above every belief that would bind you to a life of aging and crystallization. Meet the challenge to become crystallized in mind and in body with the truth of man's eternal oneness with Spirit, the truth of your eternal newness.

Jehovah's lovingkindnesses . . . are new every morning.

—*Lam. 3:22, 23.*

Today's Word of Power: *I am freed from all thought of worry and anxiety, because I rest in the assurance that all is well.*

HAVE YOU discovered that you are troubled not by things, but by your worry thought about them? Have you been able to reduce the effect of things in the outer world to a mental condition—hence, thought? If you have, then you know the truth that, when you have established a mental immunity against worry, things cannot have the power to make you worry.

Freedom from the worry habit comes when we know the freeing truth. We know this truth when we attain the realization that in Spirit all is well. In Truth nothing in all the universe can cause Christ within us to be worried, anxious, or troubled. The person who can abide continuously in the realization that all is well lives in a world devoid of worry, a world filled with the knowledge of Truth and of the presence of Christ.

Centering ourselves in Spirit, we have no connection with the cares of the world. Established in the right mental attitude toward life, we are free from every thought that would destroy peace of mind. In this knowledge we are assured of freedom from anxious belief.

Come unto me, all ye that labor and are heavy laden, and I will give you rest.—*Matt. 11:28.*

Today's Word of Power: *Rising out of all doubt and unbelief, I lay hold of invincible faith, faith in the power of Christ within me.*

DOUBT ACTS like a barrier to the blessings of God. It makes an obstacle upon our path and causes blessings to be turned aside. Through unbelief we fail to realize the reality of that which is ours in Truth. Unbelief causes us to disclaim that which we possess in Spirit.

Through faith we feel that something within us reaches out and lays hold of the thing that we seek. We find that faith quickens spiritual forces that join us with the blessings that we seek. Faith identifies us with the blessings that we seek—those that in Spirit are seeking us!

By faith, linked with understanding and love, we can do all things. If our faith needs quickening and stimulating, we can study the eleventh chapter of Hebrews most profitably. Therein we shall find the works of faith.

Through our disposition to show loyalty and fidelity, we increase our faith. Our exercising the faith that we have causes it to increase. We soon find that it is quite easy to show faith in times of stress if, in insignificant matters, we can be faithful and true.

Great is thy faith: be it done unto thee even as thou wilt.—*Matt. 15:28.*

Today's Word of Power: ***The peace of God in me puts to flight every warring and inharmonious thought, and I am mentally and physically at peace.***

THE CONSCIOUSNESS of peace is the antidote to every evidence of inharmony or confusion. The consciousness of harmony is mighty to transform inharmonious conditions and to establish order in place of disorder. Peace must prevail eventually, since God's power must be consciously recognized and eternally established.

Do you want mental peace? Then cease to think of other persons or of outer things as having power to take your peace from you. No longer believe that any external power can rob you of peace. Do not entertain any belief that will be antagonistic to peace.

Peace is the very passport to the presence of God. God symbolizes peace to us. He is the essence of peace. When we want God, the soul cries out for peace, for God. Desire for peace is but desire for a clearer realization of our oneness with God. In God's world there is perfect peace and we have but to aspire Godward in order to be infolded in peace.

Perfect peace comes when we are conscious of our freedom from external cares, and are at one with the peace of God within us.

Peace be multiplied unto you.—*Dan. 4:1.*

Today's Word of Power: *Christ in me is my life—eternal, deathless, vitalizing, sustaining.*

THE PERSON who feels that he lacks a sense of life and vitality needs a greater consciousness of life and the realization that within him is the abundant life of Christ. He should think of the real life of Spirit as being back of him, and as the very background and foundation of his own life.

The life of Christ is deathless, eternal, unchanging. Abiding in the consciousness of this life, we always have sufficient life, vitality, health, and strength. In the Christ consciousness there is no lack of life, no separation from the eternal life of Christ.

Seek to sense the powerful life currents at the heart of your being. In stillness and quietness, seek to get the realization of your oneness with this life and consciously relate yourself to it. Know that the life of Spirit is your life, the life sustaining you mentally and physically. Contacting the life of Spirit, you cannot be separated from life.

Rise above the race belief in insufficiency of life through knowing that the life of Christ within you constantly charges you with life.

Our Saviour Christ Jesus, who abolished death, and brought life and immortality to light.—*II Tim. 1:10.*

Today's Word of Power: *I deny out of my life every appearance of evil and adversity in order to make room for the omnipresence of good.*

IN ABSOLUTE Truth, God, the good, is omnipresent. God is all the being, reality, and presence that there is in Spirit. God is the all, the allness, of good. We perceive this truth when we are in spiritual consciousness. In order to arrive at the realization that God is omnipresent we must deny any belief in the reality and presence of evil and must dismiss it from mind. By our denials we have power to exclude evil from our world. By affirming Truth, we enter the high consciousness in which evil has no place, in which we recognize the omnipresence of God.

Deny the reality and presence of the appearance of evil and it ceases to be part of your world. Why is this true? Because you are a spiritual being and in your real world, the spiritual world, there is only God, the good.

Get the metaphysical slant on life and you become able to interpret all things.

Seeing a fig tree . . . he saith unto it, Let there be no fruit from thee henceforward for ever. And immediately the fig tree withered away.—*Matt. 21:19.*

FRIDAY, MARCH 7

Today's Word of Power: *The perfect judgment of Spirit manifests through me as power to judge all things wisely and well.*

THE POWER to judge belongs to spiritual consciousness. In Spirit, it is the power to select the good and the true. Without the exercise of judgment man would live in a dual world, one in which the false and the true were on equal footing.

In absolute Truth, there are no opposites—no good and bad, no false and true. In the absolute, there is only God with His manifestations. Until we arrive at this consciousness we need to deal with the belief in opposites and, consequently, must exercise judgment.

We are not called upon to pass judgment upon other persons or their affairs. Their own judgment is sufficient for such demands as are made upon it. Judgment must be kept impersonal if it is to be of any value to us, since personal judgment is always biased, prejudiced, and inclined to be intolerant.

Wisdom is closely allied to judgment. Wisdom discloses the relation of all manifestation to Truth and Spirit. Judgment gives us ability to choose that which belongs to the world of Spirit. Through spiritual unity we appropriate that which we select through good judgment.

Execute the judgment of truth and peace in your gates.—*Zech. 8:16.*

Today's Word of Power: ***Knowing the truth of my innate freedom in Christ, I realize that I am free from every belief in bondage and limitation.***

CAST FROM your mind every belief that you are bound or limited. Remove every subconscious thought of bondage by becoming grounded in the knowledge that you are free. In the freedom of Christ, your own innate freedom, there is nothing to limit you.

The only bondage that you can experience is that of limited belief. When such beliefs are changed to beliefs in freedom, freedom is experienced and assured. The change in mind brings about a change in body and in environment.

If you feel that you are in bondage to persons or things, analyze your thought sufficiently to see just what the belief is that seems to bind you. Rise to the new understanding of freedom and see the belief in freedom transform the belief in bondage. Behold yourself as you are in Truth, free and unlimited.

Freedom is the very mark of spirituality.

I shall walk at liberty;
For I have sought thy precepts.
—*Psalms 119:45.*

Today's Word of Power: ***I am always receptive and obedient to the voice of Spirit within me.***

WE QUICKEN our spiritual hearing when we take the attitude of inner listening. Directing our attention to the voice of Spirit within us, we develop the faculty of hearing what the inner voice would bid us do. Guided by Spirit we are freed from all indecision. The voice of Spirit can lead us only into ways of pleasantness.

Is your physical hearing dulled? Do you hear things of the outer world with difficulty? Then cultivate inner listening. Know that you can develop fineness and keenness of physical hearing through cultivating mental and spiritual listening and hearing.

The voice of conscience within you can never lead you into turmoil and confusion. By listening to this voice you will train yourself to listen without stress or strain, with patience and assuredness. You will develop intuition and the finer spiritual senses through listening with (what might be termed) mental ears.

Your next step is to obey the prompting of Spirit. Your duty is to carry out the instructions given you if you are to receive further instructions and advice.

He that hath ears, let him hear.—*Matt. 13:9.*

Today's Word of Power: *I cease to think of my body as diseased or material. My body is the "temple of the Holy Spirit."*

IS YOUR body material or spiritual? Is it the habitation of disease and foulness or the "temple of the Holy Spirit"? Do you think of your body as physical or as the spiritual vehicle of your spiritual thought? Do you manifest and celebrate in it, or "glorify God" in it? All depends upon your own viewpoint. If you are materially minded your body manifests as matter.

Those who deny the body soon find themselves in a condition where they do not have a body. They force a separation of mind, Spirit, and body; and the body, cut off from life, dies. Death comes as a failure to keep the body unified with mind and Spirit. The life of Spirit, recognized and appropriated by the mind, consciously or subconsciously, is necessary in order to sustain the body and keep it alive.

Unified with Spirit, the body goes through a process of redemption from the belief in disease and materiality, then manifests regeneration through spiritual forces.

Know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God? . . . glorify God therefore in your body. —*I Cor. 6:19, 20.*

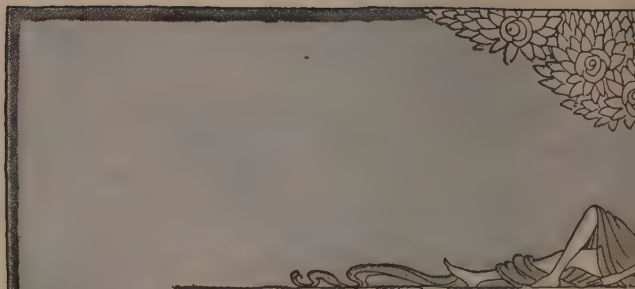
Today's Word of Power: *I do not condemn or criticize others, neither am I condemned. There is no condemnation in the realization that man in Spirit is perfect.*

BE FREE from all tendency to criticize or to condemn yourself for mistakes of yesterday. Remember "if our heart condemn us [if we criticize ourselves], God is greater than our heart [greater in His forgiveness than our power to condemn]." We thus see that condemnation belongs to personal consciousness, while forgiveness and freedom are of the universal.

Condemnation comes through two wrong viewpoints of life: first, from looking at personal shortcomings instead of at spiritual perfection; second, from assuming that one individual has the right and privilege to criticize another. By the student of Truth, the fallacy of both positions is readily understood and easily corrected.

If you are under a cloud of condemnation, if you are criticized and, also, criticize others, learn the truth of man's perfection, freedom, and justice. Give up all tendency to view the matter from the personal angle; accept the spiritual viewpoint.

Neither do I condemn thee: go thy way; from henceforth sin no more.—*John 8:11.*



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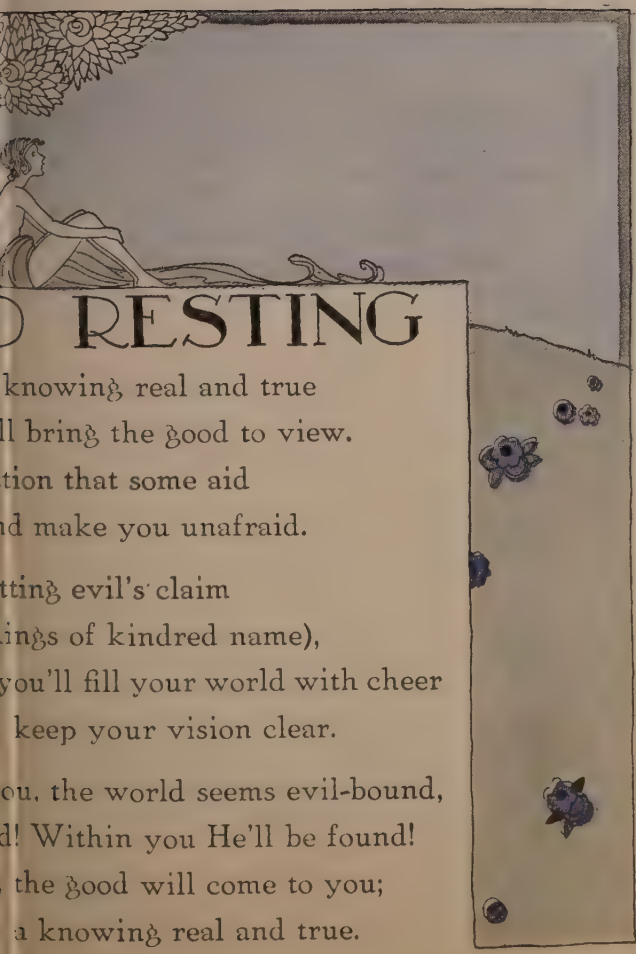

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Today's Word of Power: *The joy of Spirit within me eradicates all belief in depression and sorrow, and I am filled with joy.*

PUT AN END to all inclination to let persons and things cause you to be depressed and grieved. Do not give any place in your mind to the belief that anything or any person can deprive you of joy. Dismiss the desire or the tendency to be sorrowful when things of the outer world are not according to your choosing. As long as you believe that your joy depends upon outer things it will not be established in Spirit within you.

Even as Spirit is constant and enduring, so is the joy of Spirit unchanging. Just as nothing of the world has power to change Spirit, so nothing has power to affect spiritual joy. As it is the nature of Spirit to exist independent of the claims of the outer world, so is it characteristic of the joy of Spirit to be undisturbed by outer conditions.

If you would be joyful, if you would keep your joy unchallenged by worldly affairs, establish your joy in Spirit within you. Turn to Spirit when in sorrow, and be lifted up. Be exalted to heavenly joy.

This day is holy unto our Lord: neither be ye grieved; for the joy of Jehovah is your strength. —*Neh. 8:10.*

THURSDAY, MARCH 13

Today's Word of Power: *The love of God fills me completely, and I behold my whole world as filled with loving deeds and loving things.*

WHEN LOVE is uppermost in the mind there is no room for fear, hate, jealousy, or personal animosity. Love has the power to expand and to convert to itself all about it. A little love in the heart has power to germinate until only love can thrive there.

Are you fearful? Remember that love is an antidote to fear. If you are afraid of other persons and outer things, turn in thought to God and rest in His love. In God there can be no fear. In the consciousness of love there can be no fearful beliefs.

Have you hate in your heart? Then remove it through love. Become so loving that hate dissolves itself and is transmuted into love. When your thought is freed from personal hate and is centered in divine love, naught but love can govern you or influence your life.

Are you jealous or envious? Rise out of personal consciousness into the realization that, in Truth, God—divine love—is omnipotent and omnipresent.

We know that to them that love God all things work together for good.—*Rom. 8:28.*

Today's Word of Power: *The path that Spirit has opened to me is cleared of all hardships and obstructions. My way is the way of Spirit, the way of peace and plenty.*

OUR WAY through life is not hard or stony when we go the way of Spirit, the way of peace and plenty. Only when we try to work in a way opposed to the way of God and to go by a path diverging from the way of Spirit do we meet what seems to be opposition or a barrier to our progress.

In spiritual consciousness the way of Spirit is revealed to us. Established in peace, we can recognize but one road, the road of peace. In the realization of the prevalence of God's peace there can be naught but peace—only a peaceful path, attended by peace at every turn.

Was yesterday's way a difficult one? Forget it and turn back into the path of Spirit. Rise above the thoughts that caused the day to be unpleasant. Be nonresistant. Cease to fight the things for which you have a personal dislike. Do not make your own road a hard one to travel. Learn to live with yourself and, above all, with the Spirit of God that is within you.

Behold, I send my messenger, and he shall prepare the way before me.—*Mal. 3:1.*

Today's Word of Power: ***The youthful, thrilling, ageless power of Spirit now manifesting within me keeps me mentally and physically young.***

THINK OF Spirit as youthful. Consider the life and power of God within you as the source of constant youth. Give up all thought of yourself as having age or as being fixed in mind or in body. Know yourself as you are known in Spirit—as ageless and youthful.

Only one thing can cause you to grow old: your failure to adjust yourself to life. If you neglect to make the right adjustment to life, to feel the vigorous and youthful presence of Spirit within you, to keep your mind and your body charged with youthful life, then you hold yourself apart from the youth that is Spirit's within you.

Think of Spirit as an ever renewing, ever vitalizing presence within you. Turn to it when you are exhausted or feel a need of new life. Keep in touch with this life through every moment of the day and feel yourself being made vigorous and youthful from its presence. The power of Spirit is mighty to renew you and to make every part of your body strong.

Thy youth is renewed like the eagle.
—*Psalms 103:5.*

Today's Word of Power: *I abide in heaven, and heaven—the kingdom of peace and joy—is within me.*

HEAVEN IS a harmonious state of consciousness in which the individual senses his relation to God and to all that is like God. The person who enters this high state of consciousness abides in heaven and discovers that heaven, too, is within him. He lives in the kingdom of God when he finds that God is a living presence in his life.

Cease to look to some other place or to some other time for your joy. No longer put off the enjoyment of heaven until tomorrow. Do not think of heaven as far distant, as in some other part of the universe. Just as long as you push heaven away from you, just so long will you keep yourself separated from the presence of God and His blessings.

If you would live in heaven, every satanic belief must be given up. Every belief in hate and fear must give place to the consciousness of love. Every thought of evil must be replaced by one of good—God. Thinking Godward you move heavenward. You direct your thought to that heavenly state of consciousness in which you discover the kingdom of God.

The kingdom of God is . . . righteousness and peace and joy in the Holy Spirit.—*Rom. 14:17.*

Today's Word of Power: *My consciousness of the omnipotence of God gives me power to cast out every belief in evil.*

THE POWER of God, the good, is mighty to cast out every assumption of power by evil. Every belief in demons or devils is destroyed through consciousness of the almightiness of God. Every thought of evil must give way to the mind of Truth.

Do you try to get rid of the appearance of evil by fighting it? Does light replace darkness by fighting it? Light simply is itself and, by its own nature, removes all that is unlike itself when it establishes its own self. Does Truth fight to establish itself in place of falsehood? No, Truth is of such quality that nothing but that which is like itself can endure when it is understood.

Your power to cast out evil is but the power of God within you to prove the falsity of all that presumes to be on an equality with Himself. In the presence of God—who is Truth, peace, health, and plenty—there can be no falsehood, inharmony, disease, or lack. You remove adversity from your life not through attacking it but through letting the power of God cause it to disappear.

Gave them power and authority over all demons.
—*Luke 9:1.*

Today's Word of Power: ***Being governed by God, the law of good, I am no longer subject to so-called laws of disease and limitation. God's law is supreme.***

CONSCIOUS OF being governed by God, the law of good, we are not under any bondage to race beliefs in laws of limitation. Ruled by the law of good, we cannot be ruled by any law of evil or adversity. When we rise to the consciousness that in reality we can be governed only by God, ruled only by the law of good, we free ourselves from all belief in the power of adverse laws.

The law of God is the law of peace, health, and plenty. No material law can limit this law of Spirit. No man-made law, no law acceded to by the race, can reduce the power of the law of God. The principle of Spirit is the law of spiritual man, and such I am and such you are in absolute Truth. We are under no rule but the power and authority of God, the good.

If you have been making adverse laws for yourself or accepting those made by other persons, free yourself today by knowing that in Truth there is only the power of God and His law of good.

We know that the law is spiritual.—*Rom. 7:14.*

Today's Word of Power: *The light of Christ within me illumines my mind, my body, and my world.*

DO YOU think of yourself as always illumined by the Spirit of Christ within you? Do you think of this presence as a light that quickens you to understanding, illumines your thought, and inspires you with spiritual inspiration? Do you acknowledge Christ within you as your light—powerful to dispel all ignorance and superstition? If you do, then you have truly seen the light and are really living in it.

Abiding in the light, you are intelligent with the intelligence of Spirit. You know just what to do at all times. You cannot be ignorant, misguided, or undecided. Your every thought is under the surveillance of Spirit. All that you think, say, or do is approved by Divine Mind.

Cease to think of yourself as ignorant or as separated from the intelligence of the Christ mind. Instead of confessing ignorance, acknowledge the light of Spirit—your own indwelling light, intelligence, and inspiration. Claim your light as your spiritual heritage, for in Truth you shine with the light of God's perfect and spiritual man.

Jehovah will be unto thee an everlasting light. —*Isa. 60:20.*

SILENT UNITY CLASS WORDS

March 20 to April 19

Jesus Christ is the inspiration and the light of my understanding.

Jesus Christ is now here, raising me to His understanding of the healing power of Spirit, and I am made whole.

Jesus Christ is now here, raising me to His consciousness of spiritual abundance, and my prosperity is unfailing.

Today's Word of Power: *The healing consciousness of God removes from my mind and my body every belief in disease or evidence of disease, and I am made whole and well.*

Today we take up a healing word according with the new Silent Unity class thought for the whole month, given on the preceding page.

THE MIND and the body are governed either by a belief in perfect health, the Truth, or else by a belief in disease. Health or disease in the body indicates whether the mind is governed by a health belief or a disease belief. As students of Truth we are concerned not with disease or bodily appearances but with Truth. The truth is that man is created in the image and after the likeness of God, without regard to the belief that disease has power.

The consciousness of health is an antidote to all belief in disease. Rising to the realization that we are at one with Spirit, at one with the life and perfection of God, we sever all connection with the race belief that man is susceptible to disease, weakness, and imperfection.

By the mind of God we are purified of all thought that disease has power and we realize our divine perfection and wholeness.

I will restore health unto thee, and I will heal thee of thy wounds, saith Jehovah.—*Jer. 30:17.*

Today's Word of Power: *The prospering mind of God fills me with rich ideas, and His prospering presence attends me with prosperity and success.*

DISABUSE YOUR mind of every thought that poverty is your divine inheritance or that as the son of God you are limited in your possessions. God, your Father, bestows upon you the rich ideas of His opulent mind. By these ideas your prosperity is revealed to you. Even as spiritual ideas are the connecting link between your mind and the mind of God, so the rich ideas of God join you to your prosperity and success.

Think of yourself as unified with prosperous ideas and as attended by the spirit of prosperity in all that you do. Give no place in your mind to the belief that lack has any place whatever in your life. Do not think of yourself as unfortunate or as unsuccessful.

As the son of God, you are rich—rich in ideas, rich in success. You are now in your right place in the great universal scheme of life. Your position is assured, and it is one in which you can serve others while they, in turn, compensate you with blessings.

Jehovah made all that he did to prosper in his hand.—*Gen. 39:3.*

Today's Word of Power: ***My consciousness of God's presence fills my world so full of good that evil has no place, no existence, no reality.***

IS GOD all in all to you? Do you think that He has an opposite? Do you think of His power as restricted by some fictitious power called evil? Then know the truth that in reality God is the one and only power and that, in Truth, good has no opposite.

Disregard the appearances and the claims of evil. Cease to think of evil in any form or under any guise as related to you, and no longer claim it as your own. Evil's relation to the good and true may be compared to the relation between shadow and substance.

In the higher consciousness there is only God, the good, and in this high state of mind we perceive no duality, no opposites, but only the good and true. We lose all belief in opposites to good when we perceive the truth of universal unity in Spirit. That which has appeared to be evil is replaced by the truth about good. The mist of evil gives way to the sunshine of Truth.

Hold fast that which is good; abstain from every form of evil.—*I Thess. 5:21, 22.*

Today's Word of Power: *I am receptive to the blessings of God, and I invite them to abide with me always.*

WHEN WE ask through prayer, according to the teachings of practical Christianity, we do not beg or beseech. When we ask a guest to come to see us, we give him a cordial invitation and prepare to receive him. When we ask for the blessings of God we simply invite them and become receptive to their coming.

If you wished to have a new friend call on you and should fall on your knees in a state of frantic hysterics when asking him to come, he would be more repelled by your attitude than drawn by your asking. He would think that you did not know how to ask. He would see that you did not know how to receive. Probably he would delay coming until you appreciated the nature of an invitation and your duties as a host.

To receive God and His blessings into your heart, into your surroundings and affairs, you must know how to ask Him—how to invite and how to receive Him! You must learn to turn to Him, to expect Him, and to feel assured of His coming.

Ask, and it shall be given you; seek, and ye shall find.—*Matt. 7:7.*

Today's Word of Power: *Christ in my life is omnipotent, omnipresent. Christ—my wisdom, my life, my health, my substance—is all in all to me.*

CHRIST IS omnipotent, all the power that there is in Truth. The power of love is the power of Christ. The power of Truth is backed by the power of Christ. All that is good is omnipotent because Christ, the good, is all-powerful.

Christ is omnipresent—He is all the presence, being, and reality that there are in Truth. In Truth He is everywhere present; in visible manifestation He is present to the extent that we are able to behold His presence. Manifestation, therefore, depends to a great extent upon us.

Christ as wisdom governs and inspires us at all times. In Christ, there can be no lack of wisdom, no ignorance, no darkness. Knowing our oneness with Christ we are one with all wisdom.

Christ is our life and our health. In Christ, in Truth, there can be no disease, no weakness, no death. In Christ we are made alive forevermore.

In Spirit and in Truth, Christ is all that we can recognize or claim.

Christ is all, and in all.—*Col. 3:11.*

Today's Word of Power: ***The purity and clearness of the Christ mind keep my every thought pure, clear, and Christlike.***

ASPIRING CHRISTWARD, we must think Christlike thoughts. We need to clear dark, heavy, impure thoughts from our minds in order to have the high, noble, and aspiring thoughts of the superman. We must conceive of the Christ mind as coming forth in us and must protect it from contact with unholy beliefs.

Christ thoughts are immaculate, unstained by association with worldly beliefs. The thought of love must be so immaculately pure that no belief in hate or fear can touch it. The thought of health must be so high that no thought of disease or weakness can limit it in any wise.

To relate ourselves to Christ is to relate ourselves to His mind, His consciousness. By aspiring in thought to Him, by keeping our thoughts pure and Christlike, we conceive of our spiritual selves as like the self of Christ. By high and noble thought we travel heavenward, and behold Christ as He is in Truth and ourselves as we are in Spirit.

That I might present you *as* a pure virgin to Christ.—*II Cor. 11:2.*

Today's Word of Power: *In the stillness and quietness of God's presence there is no disturbance, no unrest. Christ in me is quiet and I, too, am still.*

SET YOURSELF free from all the disturbances of the external world by simply entering the quiet presence of God, within and about you. Free yourself from all unrest by entering into the stillness of the One in whom there is perfect peace.

Are you easily disturbed by outer sights and sounds? Do not resist or fight them. Just turn away from them and seek the quietness and stillness of God within you. At the very center of your being is this quiet and peaceful Presence. It is the presence of God, the presence of your own high self, that within you which is divine.

Find this inner zone of quiet and feel that it extends to every part of your being. Become so filled with the sense of quiet that the belief in disturbances and jarring noises cannot affect you. Live in a world devoid of disturbance but filled with the activity of Spirit. In your desire for quiet, do not seek passivity, but seek spiritual zeal, enthusiasm, and activity.

In the quietness of the inner life there will be revealed to you a new world.

Take heed, and be quiet; fear not.—*Isa. 7:4.*

Today's Word of Power: *The Truth of Christ, the true philosophy of life, frees me from every false belief. Christ is my Savior and Truth is my standard.*

WHAT IS truth? Truth is the philosophy of life revealed by Jesus Christ, showing the true nature of man's real being and his relation to God and to all things of the universe. Jesus brought the Christ truth to man in order to deliver him from false beliefs about life, his relation to Spirit, and his oneness with all life. The very term *Christ* is almost synonymous with the word *Truth,* because the Christ nature of Jesus bore Truth to suffering mankind.

The truth that Jesus taught about life and health saved and delivered man from disease and death. Man was saved by the truth of Christ and was delivered from the adversities of the flesh. The truth dawning upon his consciousness freed him from misconceptions and disabused his mind of all belief in evil and disease.

Turn the searchlight of Truth and intelligence upon your every adverse belief and see yourself delivered from all bondage to ignorance and adversity. Let the truth of Christ be your standard; gauge all your thoughts by it.

Grace and truth came through Jesus Christ. —*John 1:17.*

Today's Word of Power: *The mind of Christ in me establishes thoughts of peace, health, good, and plenty, thereby annulling thoughts of inharmony, disease, evil, and lack.*

THE MIND of Christ is the mind of Truth. When we think thoughts of Truth and of Spirit we are thinking Christward and are one with the mind of Christ. Unified with the mind of Christ, we discover that we are thinking thoughts that are high, noble, and spiritual. These thoughts are an antidote to all limited and adverse thoughts.

Every one has within him the mind of Christ. In many persons it may be latent, or it may be obscured by limited thoughts—those of inharmony, weakness, hate, fear, and disease. Such thoughts must be given up in order to give the mind of Christ freedom to exercise itself.

There is but one mind of Truth, one spiritual consciousness, one Christ. Give up dual-mindedness, trying to think both good and evil, and accept the one mind as your own. Acknowledge one mind, one spiritual science, one philosophy of Truth.

I of myself with the mind, indeed, serve the law of God.—*Rom. 7:25.*

Today's Word of Prayer: *Vitalizing and strengthening life now fills the cells, nerves, and muscles of my eyes with new life and abundant strength, and my eyes function perfectly.*

GIVE YOUR eyes a spiritual blessing. Cease to think of them as weak or as failing. Realize the truth that in Spirit they are constantly being vitalized and strengthened by the life of Christ back of them. Know that in the ideal your eyes are but the visible manifestation of the eyes of Spirit. Realize this truth to the point that your eyes become the perfect counterpart of spiritual vision.

Think of your eyes at all times as being nourished, vitalized, and strengthened by spiritual substance. Free them from the belief that they are weak or strained. Affirm inexhaustible strength for them and know that your affirmation carries spiritual conviction with it.

Declare often that your eyes are spiritual, clear, and strong. Know that this declaration is a spiritual one and puts to silence the belief that your eyes can be weak or inefficient. Affirm the truth for them and feel cleansing, vitalizing, and strengthening life filling them with a new sense of life. Your eyes will be renewed through this constant prayer and realization.

Whereas I was blind, now I see.—*John 9:25.*

Today's Word of Power: *I cast my burdens upon the Lord, and I relax in the knowledge that He governs all my affairs.*

DO YOU feel the need of relaxation? Then cease to be Atlas carrying the burden of the world upon your shoulders. Do not attempt to carry about with you every conceivable burden of the personal man. If the load seems heavy, shift the load. If there is a question of having peace of mind or being a bearer of burdens, shift the burdens. The "shoulders" of God can carry loads far too heavy for the back of man. Knowing this truth, you claim the promise, "There shall no more be a burden upon your shoulders."

Relaxation comes when we are not disturbed by the tenseness of trying to help God carry the load. We relax in the confident assurance that all is well. We rise in the majesty of Spirit in which we perceive man as free from personal cares and worldly burdens. God assumes full responsibility and we work with Him in all that we do.

God is wise enough to direct our personal lives, strong enough to carry all our worldly burdens, loving enough to let us relax in His loving presence.

The government shall be upon his shoulder. —*Isa. 9:6.*

Today's Word of Power: *I patiently witness the work of Spirit, freeing me from the habit of impatience and causing me to be patient at all times.*

THE HABIT of impatience can be relieved only through spiritual realization. The person who is impatient lives in the belief that persons or things can make him unhappy; he lives in the thought that time can delay the advent of his good; he thinks that events and circumstances can prevail against him and can bring about unpleasant situations; he lives in a world in which things dominate him and limit his happiness.

The patient person has spiritual perception. He sees the Spirit of good fortune as active and powerful at all times. He knows that Spirit alone governs his world and directs its activities. He patiently witnesses the work of Spirit and beholds the passing away of every appearance of complication, unrest, or dissatisfaction in his affairs.

He is patient whether or not good fortune is in evidence. He knows that God, the good, will appear at the proper moment and that His appearing will take the form through which Spirit can most directly serve him. He is patient because God within him is patient.

Bring forth fruit with patience.—*Luke 8:15.*

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